


# Ejercicios

Idejer	61
Ejercicio	Sentadilla libre
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a male figure in a squatting position. He is holding a barbell across his upper back. The muscles of his legs, including the quadriceps and hamstrings, are highlighted in red to show the primary muscles engaged during the exercise.
Grupo	PIERNAS
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