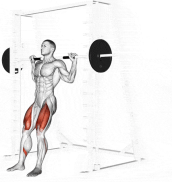


Ejercicios

Idejer	65
Ejercicio	Sentadillas Guiada
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a male figure performing a guided squat. The figure is standing inside a white wireframe structure that guides the movement. A barbell with two black weights is positioned across the figure's shoulders. The figure's legs are bent, and the buttocks are lowered towards the ground. The muscles of the legs and buttocks are highlighted in red.
Grupo	PIERNAS
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