


Ejercicios

Idejer	74
Ejercicio	Zancadas mancuernas
Detalle	ver movimientos con instructor
Imagen	 A woman in a pink top and black shorts is performing a lunge exercise on a grey mat. She is holding a dumbbell in her right hand, which is resting on the floor. Her left leg is forward and bent at the knee, while her right leg is back and bent at the knee. She is looking forward.
Grupo	PIERNAS
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