


# Ejercicios

Idejer	75
Ejercicio	Zancadas barra
Detalle	ver movimientos con instructor
Imagen	 An anatomical illustration of a male figure in a squatting position, holding a barbell across his shoulders. The muscles of the legs, including the quadriceps and hamstrings, are highlighted in red to show the primary muscles engaged during the exercise. The figure is shown in profile, facing right, with the barbell resting on his upper back.
Grupo	PIERNAS
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