


# Ejercicios

Idejer	76
Ejercicio	Sissy
Detalle	ver movimientos con instructor
Imagen	 A person is shown performing a Sissy squat exercise. They are standing on a stationary bike with their feet on the pedals. Their body is in a deep squat position, with their buttocks touching their heels and their torso leaning forward. Their arms are extended forward and slightly upward, and their head is looking straight ahead. The background is a plain, light-colored wall.
Grupo	PIERNAS
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