


# Ejercicios

Idejer	78
Ejercicio	Maquina Aductores int - ext
Detalle	Maquina Parte Externa y Interna Aductores.
Imagen	 An illustration of a female figure sitting on a gym machine designed for abductor exercises. The machine has a seat and two footrests. The figure is shown in a seated position, ready to perform an exercise. The machine is white with black and red accents.
Grupo	PIERNAS
Ord	