


Ejercicios

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| Idejer | 80 |
| Ejercicio | Pierna flex en maquina |
| Detalle | ver movimientos con instructor |
| Imagen |  An illustration of a male figure sitting on a leg flexion machine. The machine has a roller on the back and a weight stack. The figure is in a seated position with feet on the roller, ready to perform a leg flexion. |
| Grupo | PIERNAS |
| Ord | |