


Abdominales y Otros

Idincru	15
Titulo	Abdominales en maquina de pie
Detalle	ver movimiento , Arrodillado o maquina sentado.
	 An illustration of a male figure with a muscular physique, wearing a red tank top and black shorts. He is standing and performing an abdominal exercise on a machine. The machine has a vertical frame and a pulley system. The figure is holding a handle with both hands, and his torso is slightly arched, indicating a contraction of the abdominal muscles. The machine is positioned to the right of the figure.
Grupo	6.0000