


# Femorales

Idincru	48
Titulo	puente para gluteos
Detalle	puente para gluteos con peso ver con instructor
	 A woman with her hair in a ponytail, wearing a pink tank top and black leggings, is performing a weighted glute bridge. She is lying on her back on a black gym bench, with her feet flat on the floor and her hips lifted. A large black weight plate is placed on her lower back, resting on the bench. She is looking towards the right of the frame.
Grupo	5.0000