


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 glute bridge exercise. 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 to the right.
Grupo	5.0000