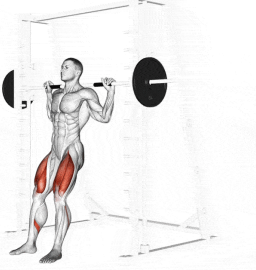


Piernas

Idincru	102
Titulo	Sentadilla guiada maqui
Detalle	sentadilla guiada
	 An illustration of a person performing a guided squat exercise. The person is standing on a platform, holding a barbell across their shoulders. The barbell is supported by a machine frame that guides the movement. The person's legs are bent, and they are in a squatting position. The muscles of the legs are highlighted in red.
Grupo	4.0000