

# Piernas

|         |  |
|---------|--|
| Idincru | 65   |
| Titulo  | Estocadas en casa  |
| Detalle | Estocadas en casa se puede hacer con mancuernas  |
|         |  A man in a blue sleeveless shirt and black shorts is performing a lunge exercise on a grey mat. He is holding a dumbbell in his right hand, which is resting on the mat. His left leg is bent at a 90-degree angle, and his right leg is extended back, also bent at a 90-degree angle. He is looking forward. |
| Grupo   | 4.0000   |