


Piernas

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| 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 |