


Piernas

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| Idincru | 67 |
| Titulo | Hiit giphy |
| Detalle | Hiit giphy |
| |  A side-view photograph of a man in athletic wear performing a deadlift. He is standing with his feet hip-width apart, knees slightly bent, and his back is flat. He is lifting a barbell from the floor, with his hands positioned under the bar. The image is centered within a large white rectangular area. |
| Grupo | 4.0000 |