


Piernas

Idincru	81
Titulo	Sissy con maquina
Detalle	Ejercicio para combinar entre series o solo ver con instructor.
	 A photograph of a man in a grey tank top and shorts performing a sissy squat on a piece of gym equipment. He is standing on the machine's base, leaning forward with his arms crossed, and his feet are on the machine's pedals. The background is a plain white wall.
Grupo	4.0000