


Piernas

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| Idincru | 86 |
| Titulo | Sent Piernas con Barra guiada |
| Detalle | Ver movimiento y supervisar con el instructor |
| |  The illustration shows three individuals using a guided bar leg press machine. In the top left, a person in a yellow shirt and blue pants is standing and holding the bar. In the top right, a person in a black shirt and pants is in a squatting position with the bar on their back. In the bottom left, a person in a yellow shirt and blue pants is in a squatting position with the bar on their back. The machine has a long, angled bar that rests on the floor and is supported by a vertical post. |
| Grupo | 4.0000 |