


# Piernas

Idincru	86
Titulo	Sent Piernas con Barra guiada
Detalle	Ver movimiento y supervisar con el instructor
	 The illustration shows a person in a yellow shirt and blue pants performing a leg press exercise on a machine with a guided bar. The person is in a squatting position, pushing the bar upwards. The machine has a vertical bar with a horizontal crossbar. The person is holding the crossbar with both hands. The background is a light gray with some darker gray shapes representing the machine's structure.
Grupo	4.0000