


# Piernas

Idincru	87
Titulo	Hip trust
Detalle	Empuje de cadera - puente
	 A woman with her hair in a ponytail, wearing a pink tank top and black leggings, is performing a hip thrust exercise. She is lying on a black bench with her feet flat on the floor and her hips resting on the edge of the bench. A black barbell with a large weight plate is positioned across her hips, and she is pushing it upwards with her feet. The background is plain white.
Grupo	4.0000