


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 bench. A black barbell with a large weight plate is positioned across her hips. She is in a neutral, ready position to lift the weight.
Grupo	4.0000