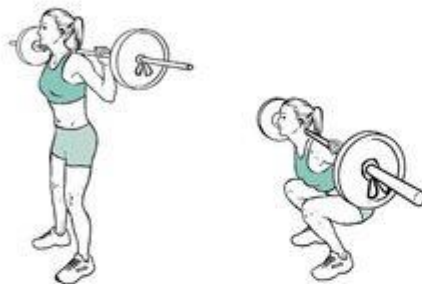


RUTINA DE PIERNAS

Rapida y eficaz

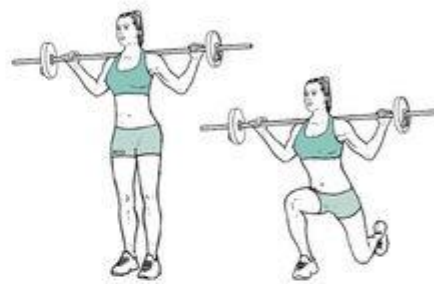
Unakane
FITNESS

Sentadilla con Barra



4 sets 12 reps

Desplantes con Barra



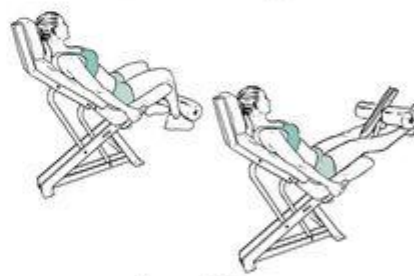
4 sets 10 reps

Prensa de Piernas



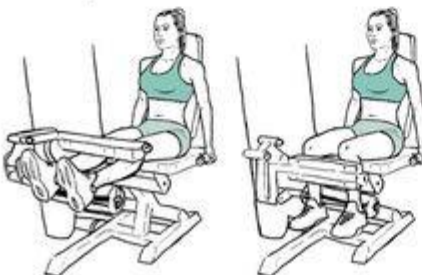
4 sets 10 reps

Extension de piernas



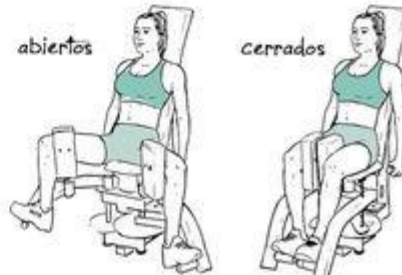
4 sets 10 reps

Curl de piernas sentada



4 sets 10 reps

Abductores



4 sets 12 reps