Forma, Rectángulo

Descripción generada automáticamenteUn dibujo de una persona

Descripción generada automáticamente con confianza media

**Músculo primario:**

Iiw weudniwndewniwd

**Músculos que trabajan:**

Iiw weudniwndewniwd

Titulo

Forma

Descripción generada automáticamente

**Errores Frecuentes:**

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**Recomendaciones:**

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