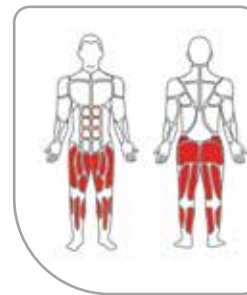
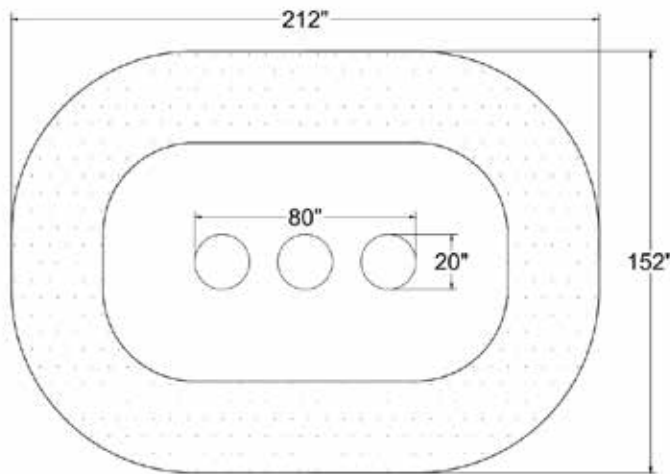




LENGTH	80"
WIDTH	20"
HEIGHT	25"/21"/16"
WEIGHT	90 lbs



Target muscles
Secondary muscles

Functions:

- Develops posture control
- Improves cardiovascular endurance
- Use for a variety of upper and lower body exercises

