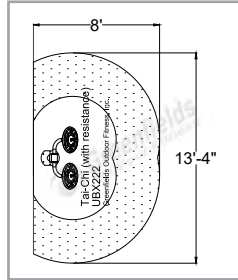


Target muscles
Secondary muscles

- Strengthens shoulders
- Can help improve wrist agility
- Can be used by two people simultaneously



VIEW THE
VIDEO

<https://gfoodoorfitness.com/single-tai-chi-video/>

