





bidirectional resistance

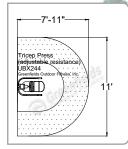




Target muscles Secondary muscles

Strengthens:

- Arms (biceps, triceps)
- Chest
- **Shoulders**





This unit accomodates wheelchair users who are able to transfer



VIEW THE VIDEO

http://gfoutdoorfitness.com/ adjustable-tricep-press-video/



