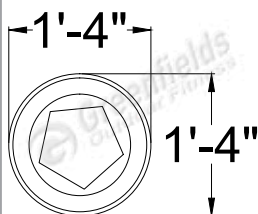


Target muscles

- Total body workout - exercises major upper body, lower body, and core muscles.
- Improves cardiovascular endurance



VIEW THE
VIDEO



<http://gfoutdoorfitness.com/kickboxing-station/>

