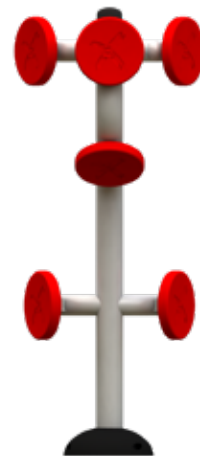




Target muscles

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



- Hook Punch
- Jab
- Elbow Strike
- Uppercut
- Knee Strike
- Roundhouse Kick
- Shin Block



VIEW THE VIDEO



<http://gfoutdoorfitness.com/muay-thai-boxing-station/>