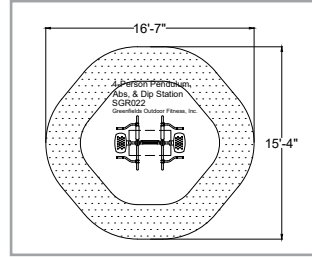




**Target muscles**  
Secondary muscles

- Strengthens upper body, biceps, forearms, lower back and abdominals
- Loosens hips and side
- Can be used by four people simultaneously
- Great social activity



**AVAILABLE EXERCISES**

1. Front facing pendulum swing
2. Kickbacks (quads & hamstrings)
3. Rear facing pendulum swing
4. Leg/knee lifts
5. Dips
6. Rear foot elevated split squat

**VIEW THE VIDEO**



[greenfieldsfitness.com/four-person-pendulum-abs-and-dips-video.html](https://greenfieldsfitness.com/four-person-pendulum-abs-and-dips-video.html)

