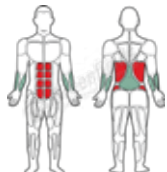




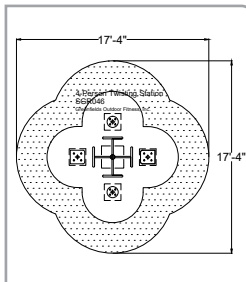
## FOUR-PERSON TWISTING STATION

SGR046



Target muscles  
Secondary muscles

- Stretches waist and upper body
- Aids in recovering lost agility



**VIEW THE VIDEO**

[greenfieldsfitness.com/  
twisting-station-video.html](https://greenfieldsfitness.com/twisting-station-video.html)

