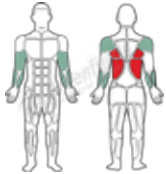




## TWO-PERSON LAT PULL

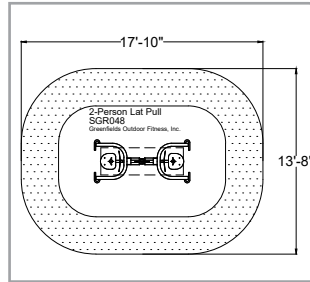
SGR048



Strengthens upper  
back, shoulders,  
biceps and core

Target muscles

Secondary muscles



VIEW THE VIDEO

[greenfieldsfitness.com/lat-pulldown-video.html](https://greenfieldsfitness.com/lat-pulldown-video.html)

