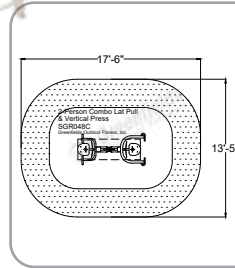
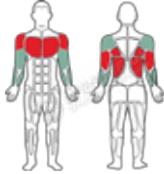


## 2-PERSON LAT PULL & VERTICAL PRESS

SGR048C



[greenfieldsfitness.com/lat-pulldown-and-vertical-press-combo-video](https://greenfieldsfitness.com/lat-pulldown-and-vertical-press-combo-video)

**Target muscles**

Secondary muscles

Strengthens upper back, shoulders, arms, and core

**VIEW THE VIDEO**

