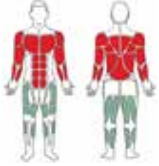




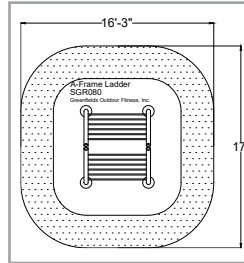
# A-FRAME LADDER

SGR080



Target muscles  
Secondary muscles

- Develops upper body strength
- Improves core and builds calves
- Stretching



**VIEW THE VIDEO**  
<https://gfoutdoorfitness.com/a-frame-ladder-video/>

