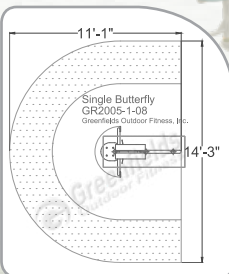


Target muscles
Secondary muscles

Develops chest, front
shoulders, upper and
mid abs



VIEW THE
VIDEO



greenfieldsfitness.com/butterfly-press-video.html

SINGLE BUTTERFLY

SGR2005-1-08

