

Promoting Wellness & Fighting Obesity One Community at a Time."

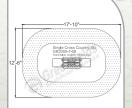
CROSS COUNTRY SKI

SGR2005-1-09



Target muscles
Secondary muscles

- Strengthens leg muscles
- Improves cardiovascular endurance
 - Aids in recovering lost agility







VIEW THE VIDEO



greenfieldsfitness.com/single-cross-country-ski-video.html

