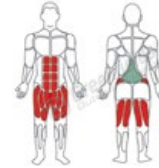
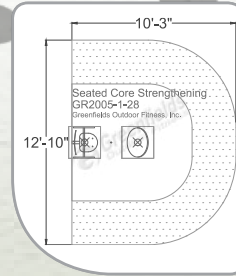


SEATED CORE STRENGTHENING

SGR2005-1-28



Target muscles
Secondary muscles

Strengthens abdominals and thigh muscles

VIEW THE VIDEO



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