

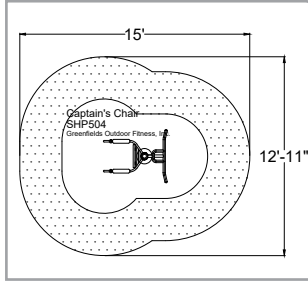


Target muscles  
Secondary muscles

Strengthens shoulders and biceps

Exercises:

- Pull-ups
- Leg raises
- Dips
- Stretching



VIEW THE VIDEO

