

3-PERSON FITNESS POST

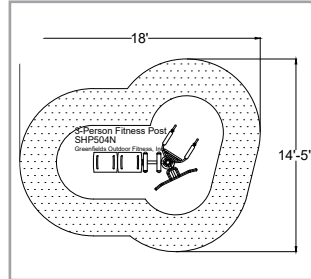
SHP504N



Target muscles
Secondary muscles

Strengthens shoulders,
biceps and abs
Exercises:

- Pull-ups
- Leg raises
- Dips
- Stretching
- Sit-Ups
- Leg Lifts



VIEW THE VIDEO

