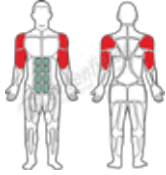




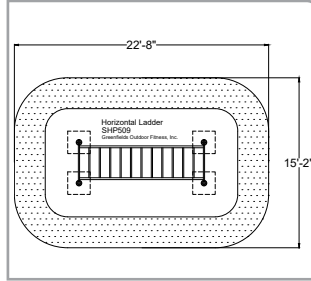
HORIZONTAL LADDER

SHP509



Target muscles
Secondary muscles

Strengthens chest,
shoulders, upper and
mid abs, forearms
and triceps



VIEW THE VIDEO
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