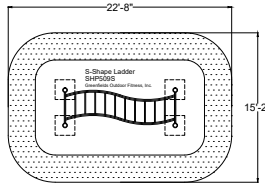


Strengthens chest, shoulders, upper and mid abs, forearms, and triceps

Target muscles
Secondary muscles



S-SHAPE LADDER

SHP509S

