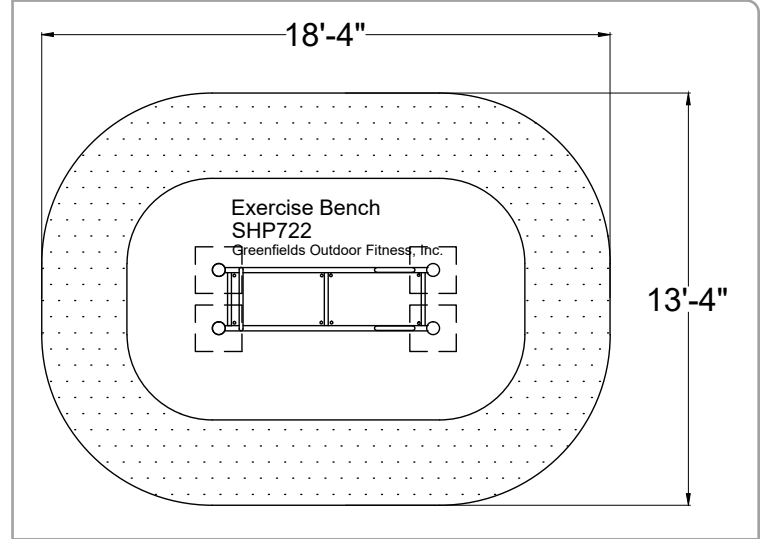


- Strengthens shoulders, triceps, abs and obliques

Target muscles

Secondary muscles



VIEW THE VIDEO



www.greenfieldsfitness.com/exercise-bench-video.html

