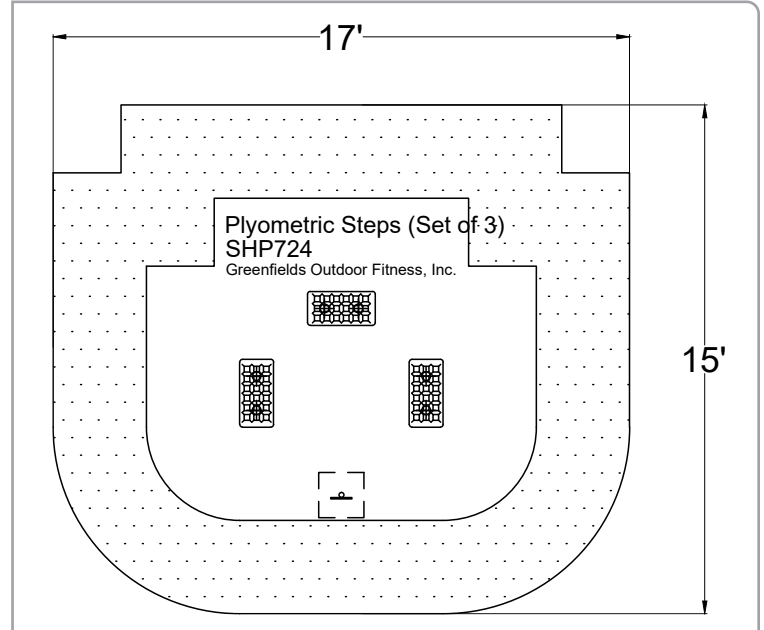


Target muscles
Secondary muscles

- Develops posture control
- Improves cardiovascular endurance
- Use for a variety of upper and lower body exercises



VIEW THE VIDEO



greenfieldsfitness.com/plyometrics-steps-video.html

