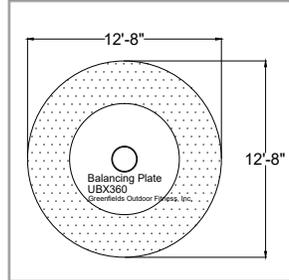


Target muscles
Secondary muscles

Strengthens:

- Core
- Quads
- Lower Back
- Calves



VIEW THE VIDEO

<https://gfoutdoorfitness.com/balancing-plate/>

