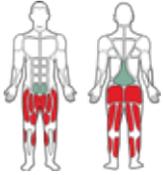


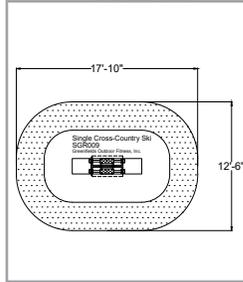
# SINGLE CROSS COUNTRY SKI

SGR009



Target muscles  
Secondary muscles

- Strengthens leg muscles
- Improves cardiovascular endurance
- Aids in recovering lost agility



VIEW THE VIDEO

[greenfieldsfitness.com/single-cross-country-ski-video.html](https://greenfieldsfitness.com/single-cross-country-ski-video.html)

