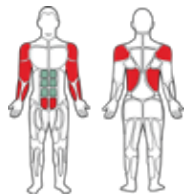




## 3-PERSON PULL UP STATION

SGR0453



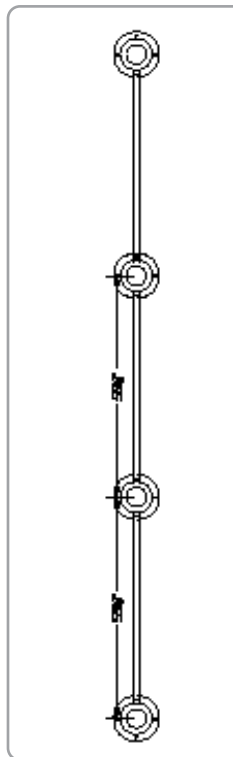
Target muscles  
Secondary muscles

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



VIEW THE VIDEO

[greenfieldsfitness.com/horizontal-bars-video.html](http://greenfieldsfitness.com/horizontal-bars-video.html)



\*image shows exapmple of possible exercise option for this unit.