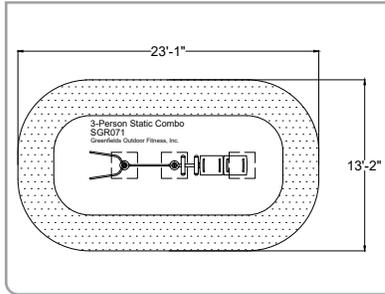


Strengthens upper back, shoulders, biceps and core



**3-Person Static Combo**  
**SGR071**

Included exercises:

1. Dips
2. Assisted Squats
3. Chin Ups/Pull-Ups
4. Stretching
5. Incline Leg Raises
6. Incline Sit-Ups



VIEW THE VIDEO



[greenfieldsfitness.com/3-person-static-combo-video.html](https://greenfieldsfitness.com/3-person-static-combo-video.html)

