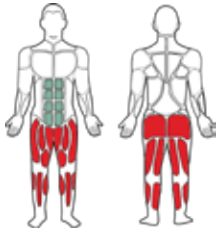
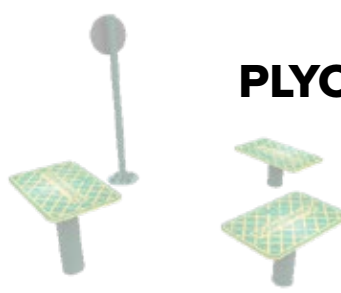


PLYOMETRIC STEPS (Set of 3)

SHP724



Target muscles
Secondary muscles

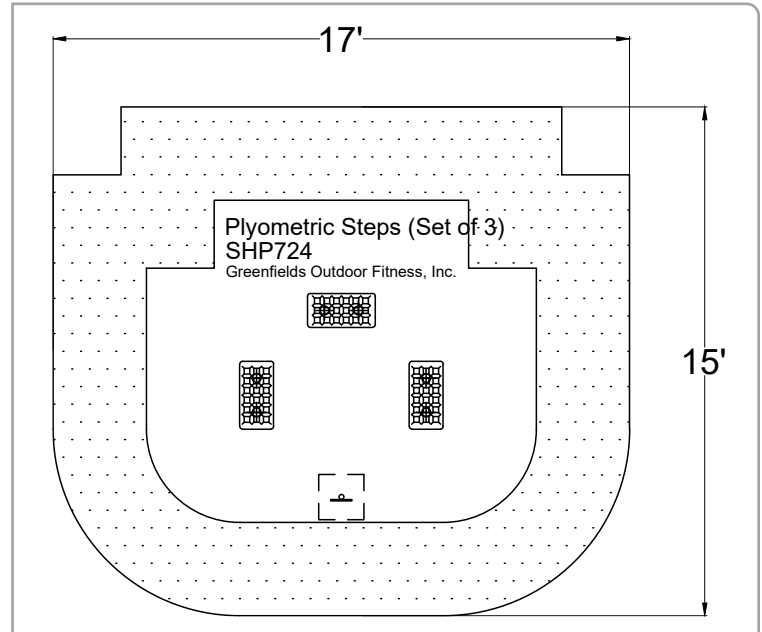
- Develops posture control
- Improves cardiovascular endurance
- Use for a variety of upper and lower body exercises



VIEW THE VIDEO



greenfieldsfitness.com/plyometrics-steps-video.html



CFH: <24"

