

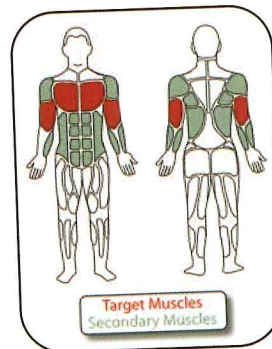
## 3-Person STATIC COMBO GR2005-1-71

### FUNCTION

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

### EXERCISES:

- Pull-ups
- Dips
- Sit-ups
- Leg raises
- Stretches



## 2-Person DIPS STATION GR2005-1-14

### FUNCTION

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

