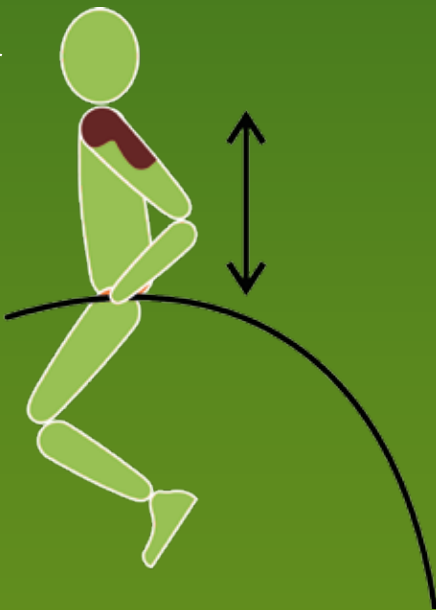


Bar

This exercise is great for developing muscles in your upper arms, shoulders and the sides of your back.

Muscles targeted:
Latissimus dorsi and
triceps

For more information,
and an instructional
video, scan below.



Moduplay

