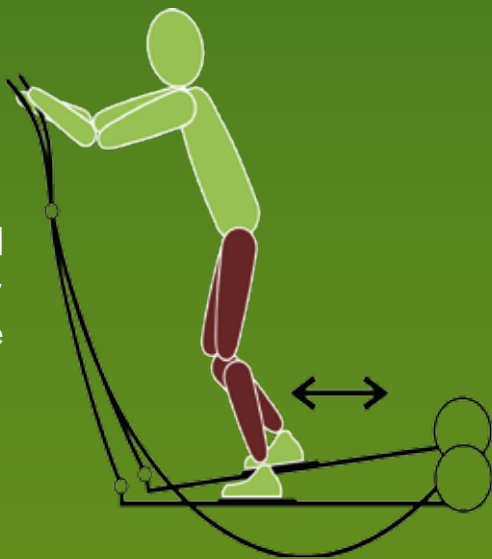


Cross

This exercise develops muscles in your legs and hips while improving your cardiovascular endurance. This low impact movement improves co-ordination between your arms and legs, and uses a variety of muscle groups in the body.

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



Moduplay

