

OX RX2000



PB (Pilates Ball) PULL
Main muscle groups worked:
Core, Arms, Shoulders, Back



LUNGE PULL
Main muscle groups worked:
Legs, Core, Arms, Shoulders, Back



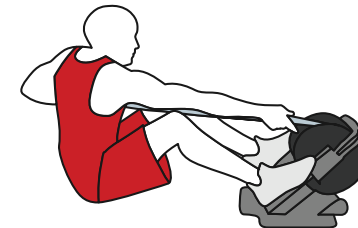
STAND OVER PULL
Main muscle groups worked:
Arms, Shoulder, Traps, Back, Core



BACKWARD PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core



STAND OVER PULL
Main muscle groups worked:
Arms, Shoulder, Traps, Back, Core



SEATED PULL
Main muscle groups worked:
Back, Traps, Shoulders, Arms, Core