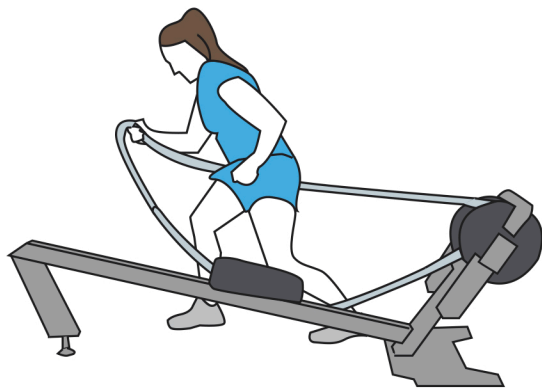
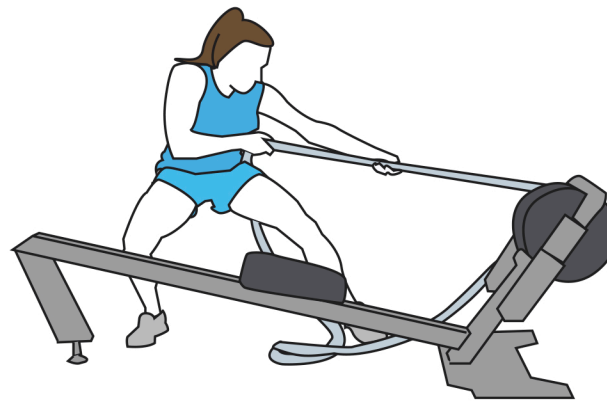


OX2
RX3200



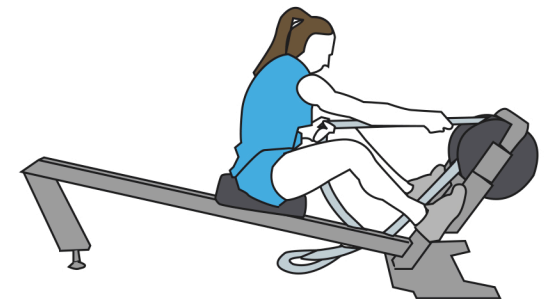
RESERVE STAND OVER PULL

Main muscle groups worked: Arms, Shoulder, Traps, Back, Core



STAND OVER PULL

Main muscle groups worked: Arms, Shoulder, Traps, Back, Core



SLIDING SEATED PULL

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