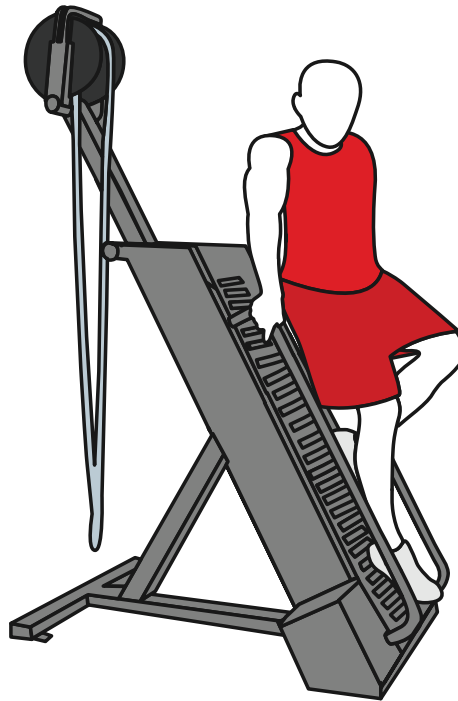
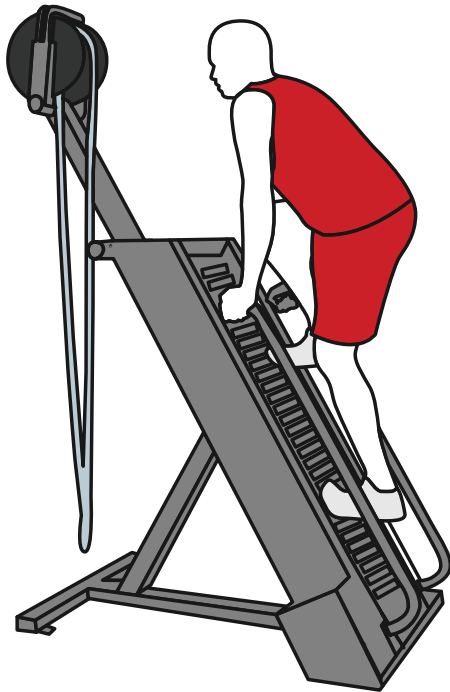


APEX RX4400



CLASSIC CLIMB

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



BACKWARD CLIMB

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

CLASSIC ROPE CLIMB

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

