

SHOULDER PULL - Exercise Instruction

Code – MD-FS-012



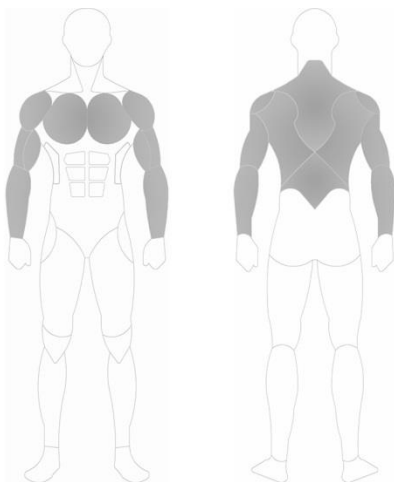
Function

- Develops back muscles, chest and arms
- Improves functionality of the cardiorespiratory system

Instruction

Sit comfortably in the seat and grab the handles using both arms. Pull both handles downwards. Keep your back in an upright position during the course of this exercise.

Muscles Trained



Safety Zone

