



Stabilizes the shoulders



Strengthens the back and triceps, opens the chest and corrects your posture



Strengthens shoulders and upper arms



Strengthens pectoral and upper arm muscles



Strengthens triceps and shoulders, promotes abdominal stability



Strengthens shoulders, chest and upper arms



Strengthens adductor muscles, stabilizes the hip



Opens chest and frontal spine. Strengthens thighs and hamstrings, massages organs and strengthens the complete back in extension.



Stretches thigh muscles and hip



Opens chest and strengthens back



Stabilizes abdominals and shoulders



Strengthens obliques



Strengthens abdominals, thighs and hamstrings



Strengthens abductors, shoulders and obliques. Stabilizes abdominals and pelvis.



Stabilizes abdominals and pelvis



Stretches hips and adductors