

LW-TWS101 Chest Press / Seated Row

Product Description LW-TWS101:

- Chest Press: Pectoral Major, Pectoral Minor, Anterior Head, Deltoid, Triceps, Serratus Anterior
- Seated Row: Latissimus Dorsi, Teres Major, Teres Minor, Rhomboids, Lower & Middle Trapezius, Elbow Flexors (Biceps, Brachioradialis, Brachialis, Infraspinatus)
- Feature: Change your workout mode by using the Spring loaded pull pins and remoted arm lever

