

LW-TWS150 Abductor / Adductor

Product Description LW-TWS150:

- Abductor: Gluteus Medius, Sartorius, Pectineus, Adductor Longus, Vastus Lateralis
- Adductor: Rectus Femoris, Vastus Medialis, Extensor Digitorum Longu
- Feature: Change your workout mode by using the spring loaded pull pin

