

LW-TWS172 Abdominal / Lower Back

Product Description LW-TWS172:

- Abdominal: Rectus Abdominis, External Oblique, Tendinous Incriptions, Latissimus Dorsi, Serratus Anterior
- Lower Back: Erector Spinae, Tensor Fasciae, Latae, Iliotibial band, Bicep Femoris, Semitendinosus
- Feature: Change your workout mode and adjust your position by using the spring loaded pull pins

