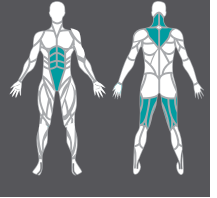


# TROJAN™

# TORSO SLIDER

MUSCLES TARGETED



START & FINISH: AB ROLL



TWISTED CORE ROLL



# EXERCISES

AB  
TRAINING

