

ERGO COACH / COACH

#7985-890

#7985-690



FREIZEIT MARKE KETTLER

Over 16 Different Exercises



Core rowing exercise



Seated lift



Seated curl



Seated extension



Lying pull-over



Lying extension



Lying curl



Ab training



Kneeling pull



Kneeling cross-over



Kneeling pull-over



Standing Squat



Standing lift



Standing upright row



Standing bent over row



Standing cross-over