

### LW-TWS103 Shoulder Press / Pull Down

Product Description LW-TWS103:

- Shoulder Press: Middle Deltoid, Anterior Head, Deltoid, Upper Trapezius, Serattus Anterior, Triceps
- Pull Down: Latissimus Dorsi, Teres Major, Rhomboids, Lower & Middle Trapezius, Elbow Flexors (Biceps, Brachioradialis, Brachialis)
- Feature: Change your workout mode by using the remoted arm lever

