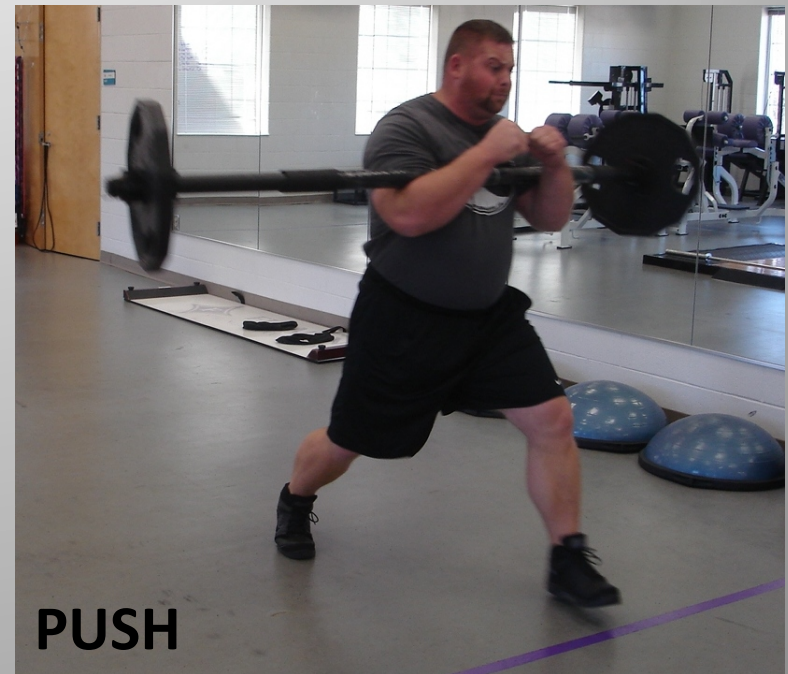




Lineman 'PUSH/PULL'

"Battle with the bar, before you Battle your opponent on the field"

A very demanding workout. But the results are worth it!



'Sports specific' and 'Position specific' training using the Tsunami Bar®