

The **Murphy Gym**™ Versatile and functional ...

www.murphygym.ca



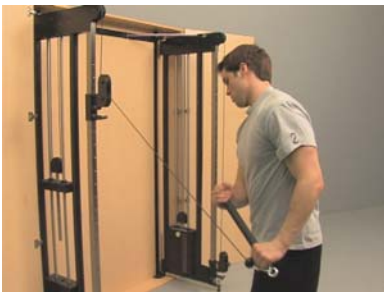
Golf



Baseball



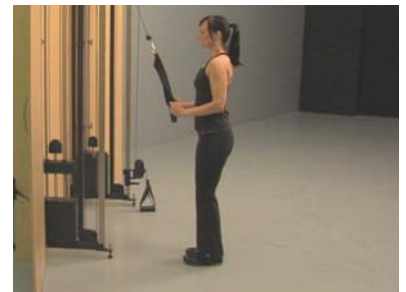
Archery



Kayaking/Canoeing



Ball Bicep Curl



Standing Tricep Press



Ball Chest Press



Shoulder Press



Lat Pulldown



Core Rotation



Inner/Outer Thigh



Squats