A man with a beard and tattoos is working out with a battle rope in a gym. He is wearing a black tank top and black shorts with a skull design. The background shows gym equipment and windows.

SB Fitzz

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— SB Fitness

Unleash the Inner **Fitness Wizard:
Morph Your Bod, **Upgrade** Your
Life Quest!**

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About Us

Embark on a Fitness Odyssey with SB Fitzz..

Welcome to SB Fitzz, where the heat of cutting-edge workouts harmonizes with the contagious enthusiasm of a community that's more like family. Our mission? To help you unleash your full potential, one energizing workout at a time. Embark on a fitness journey that's not just about exercise; it's a dance of self-discovery and empowerment. Join the movement. Find your rhythm. Redefine fitness. This is SB Fitzz, where every step you take brings you closer to the best version of yourself.

Search for Your Perfect Workout

Search by:

Body Parts

Equipment

Choose body part



Search

Popular Categories 🔥



Back



Core



Dumbbells



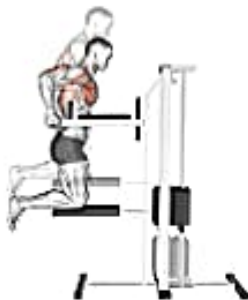
Chest

category: chest



archer push up

pectorals triceps shoulders



assisted chest dip (kneeling)

pectorals triceps shoulders



assisted seated pectoralis major stretch
with stability ball

pectorals shoulders traps



assisted wide-grip chest dip (kneeling)

pectorals triceps shoulders