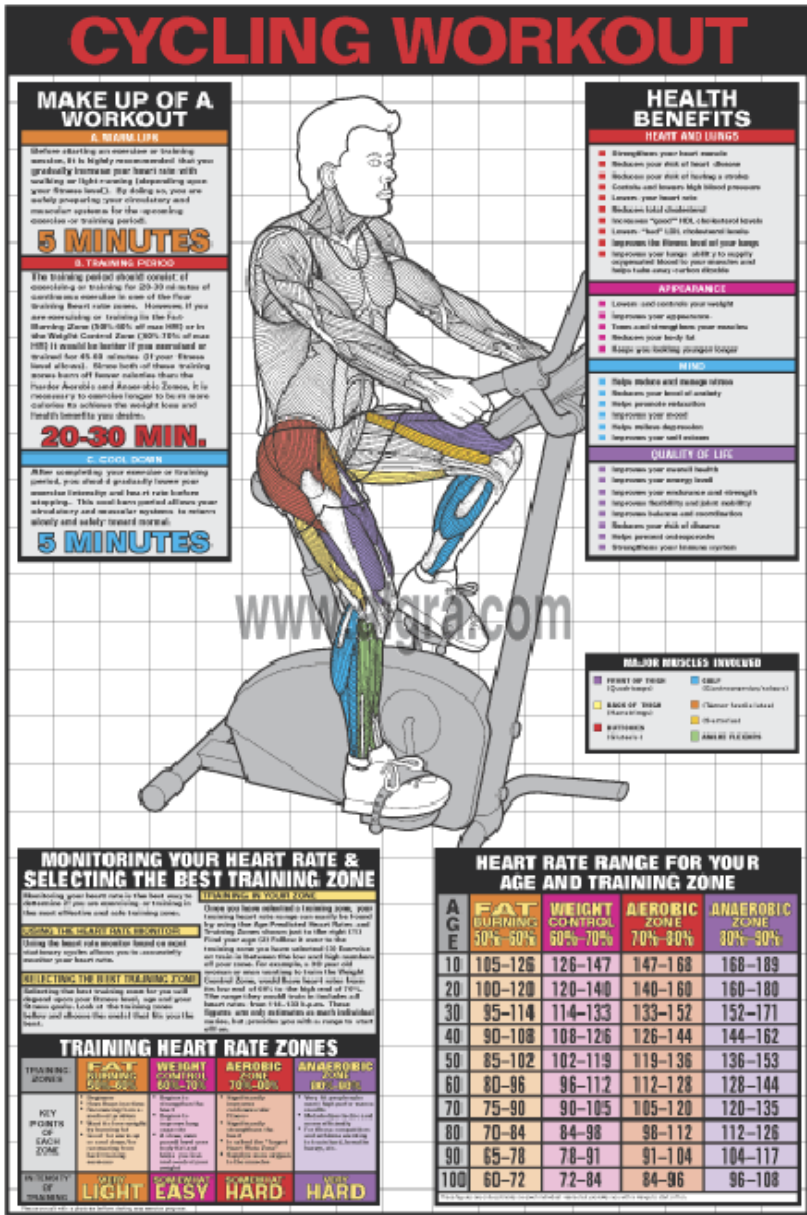


Cycling Health Benefits Chart— BA006

<p>Description</p>	<p>◆ Bruce Algra's Cycling Workout Poster presents a large detailed view of the muscles being exercised when you perform a cycling workout. Illustrations educate the viewer in eye-catching colors that are both beautiful and informative. Four main boxes contain information on the make up of a workout, health benefits, monitoring your heart rate, and the heart rate zone you might want to exercise in for your age and fitness level. A terrific cardio training chart for any gym.</p>
<p>Details</p>	<p>1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides</p>
<p>Image</p>	 <p>The poster is titled "CYCLING WORKOUT" and features a central illustration of a cyclist on a stationary bike. The cyclist's muscles are highlighted in various colors: red for the front of the torso, blue for the back, yellow for the back of the torso, purple for the buttocks, green for the arms, and orange for the legs. The poster is divided into several sections:</p> <ul style="list-style-type: none"> MAKE UP OF A WORKOUT: Includes a 5-minute warm-up, a 20-30 minute training period, and a 5-minute cool-down. HEALTH BENEFITS: Lists benefits for heart and lungs, appearance, mind, and quality of life. MAJOR MUSCLES INVOLVED: A legend for the color-coded muscles. MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE: Provides instructions on how to use a heart rate monitor and select a training zone. HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE: A table with columns for Age, Fat Burning (50%-60%), Weight Control (60%-70%), Aerobic Zone (70%-80%), and Anaerobic Zone (80%-90%). TRAINING HEART RATE ZONES: A table with columns for Training Zone, Heart Rate Range, and Training Intensity (Light, Easy, Hard, Very Hard).