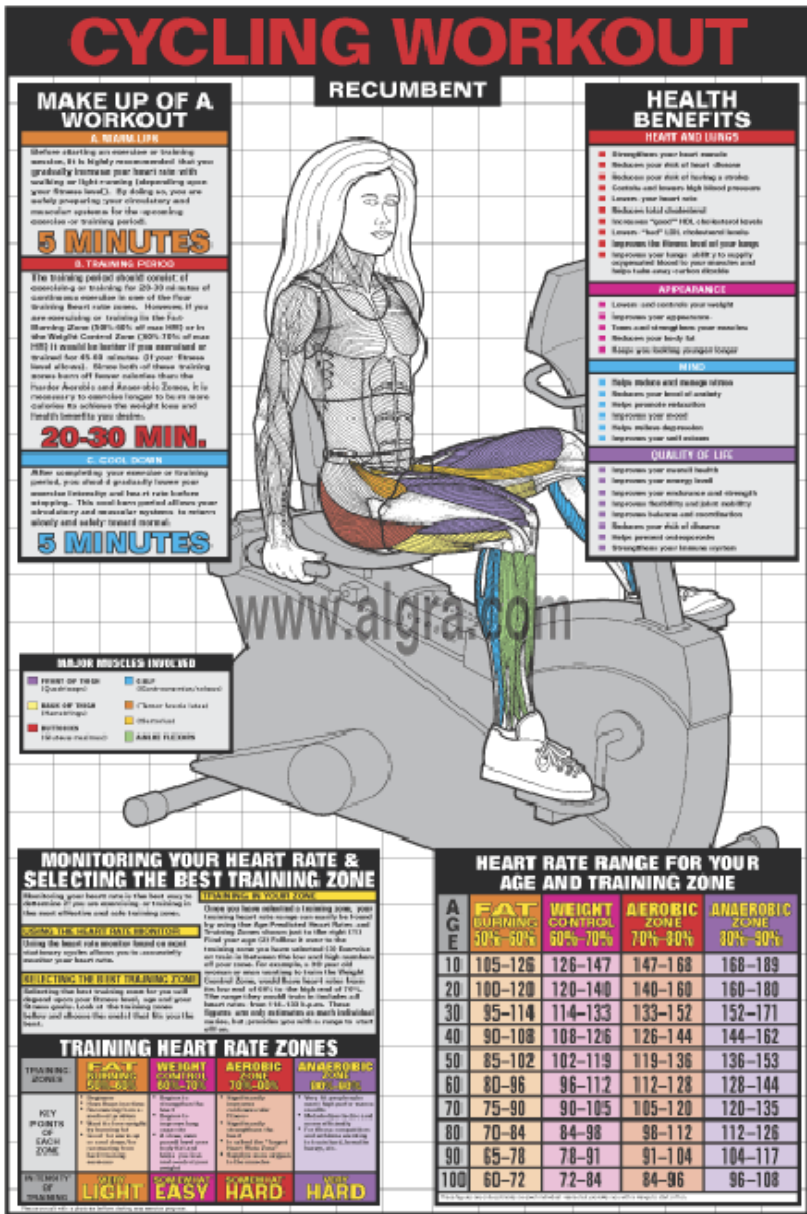


## Cycling Recumbent Health Benefits Chart– BA007

<p><b>Description</b></p>	<p>◆ Bruce Algra's Cycling Recumbent Workout Poster presents a large detailed view of the muscles being exercised while doing a fitness workout in eye-catching colors that are beautiful and educational. Four main boxes contain information on the make up of a workout, health benefits, monitoring your heart rate, and the heart rate zone recommended for you to exercise in for your age and fitness level. A terrific cardio training chart for any gym.</p>
<p><b>Details</b></p>	<ol style="list-style-type: none"> <li>1. Dimension: 24" x 36"</li> <li>2. Material: gloss paper laminated with clear polyester both sides</li> </ol>
<p><b>Image</b></p>	 <p>The poster features a central illustration of a woman on a recumbent exercise bike. Her muscles are color-coded: upper body (grey), core (white), lower body (various colors like purple, blue, green, yellow, red). The poster is divided into several informational boxes:</p> <ul style="list-style-type: none"> <li><b>MAKE UP OF A WORKOUT:</b> Includes a 5-minute warm-up, a 20-30 minute training period, and a 5-minute cool-down.</li> <li><b>HEALTH BENEFITS:</b> Lists benefits for heart and lungs, appearance, mind, and quality of life.</li> <li><b>MONITORING YOUR HEART RATE &amp; SELECTING THE BEST TRAINING ZONE:</b> Provides instructions on how to use a heart rate monitor and how to choose a training zone based on age and fitness level.</li> <li><b>HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE:</b> A table with columns for Age, Fat Burning, Weight Loss, Aerobic Zone, and Anaerobic Zone, with corresponding heart rate ranges.</li> <li><b>MAJOR MUSCLES INVOLVED:</b> A legend for the color-coded muscles on the bike rider.</li> </ul>