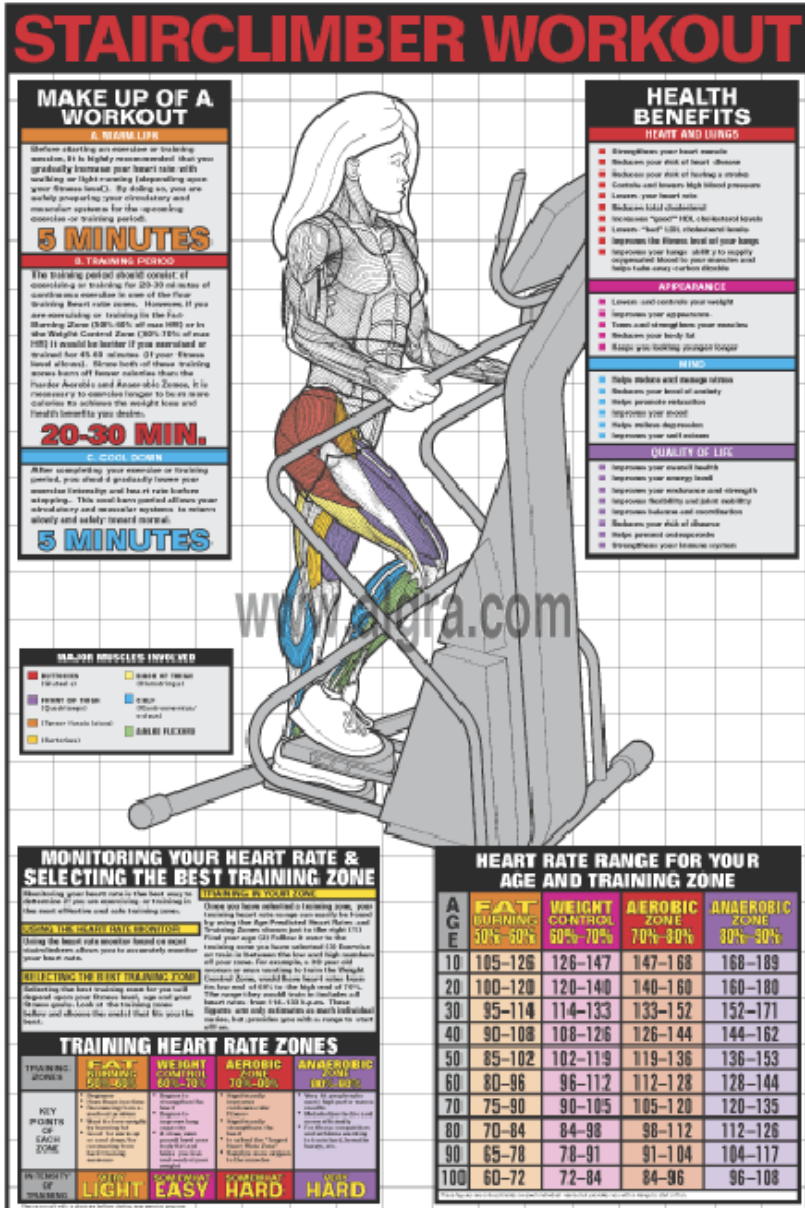


Stair Climber Health Benefits Chart— BA009

<p>Description</p>	<p>◆ Bruce Algra's Stair Climber Workout Poster features a female model used to detail the muscles being exercised while working out on a standard stair climber. Algra's Stair Climber Poster uses vibrant, captivating colors that are beautiful and categorically proficient. 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. This poster is a terrific cardio training chart for any gym.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>The poster is titled "STAIRCLIMBER WORKOUT" and features a central illustration of a woman on a stair climber with anatomical diagrams of her muscles. 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: Lists muscles such as biceps, triceps, chest, back, shoulders, and legs. 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 showing heart rate ranges for different ages and training zones. TRAINING HEART RATE ZONES: A table defining training zones (Light, Easy, Hard, Very Hard) based on heart rate percentage and intensity.