


Arm Curl Chart– BA088

<p>Description</p>	<p>◆ Algra's Arm Curl Poster displays exercises to enhance your arms muscles using exercise machines. It uses engaging color-coding to demonstrate which muscles are being targeted when performing a proper arm curl. The exercises in this poster give step-by-step directions that show how to maximize your workout and use the designated arm curl machines correctly.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 11" x 16" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>Arm Curl</p> <p>Starting Position 1. Facing machine, place hands shoulder width on curling bar. 2. Inhale.</p> <p>Middle Position 3. Keeping elbows close to sides, pull the bar up to full curl position with an even paced movement. 4. Exhale. 5. Return bar slowly to starting position.</p> <p>Curl Position</p> <p>Muscles Exercised</p> <ul style="list-style-type: none"> Brachialis Front of Arms (Biceps) Brachioradialis Palmaris longus Flexor carpi radialis Proneator teres Flexor carpi ulnaris Flexor digitorum superficialis <p><small>From: Algra's Fitness® Chart Series • 3025 Edin Street • Suite 301 • Bakersfield, CA 93301 • © Algra, Inc. 1999</small></p>