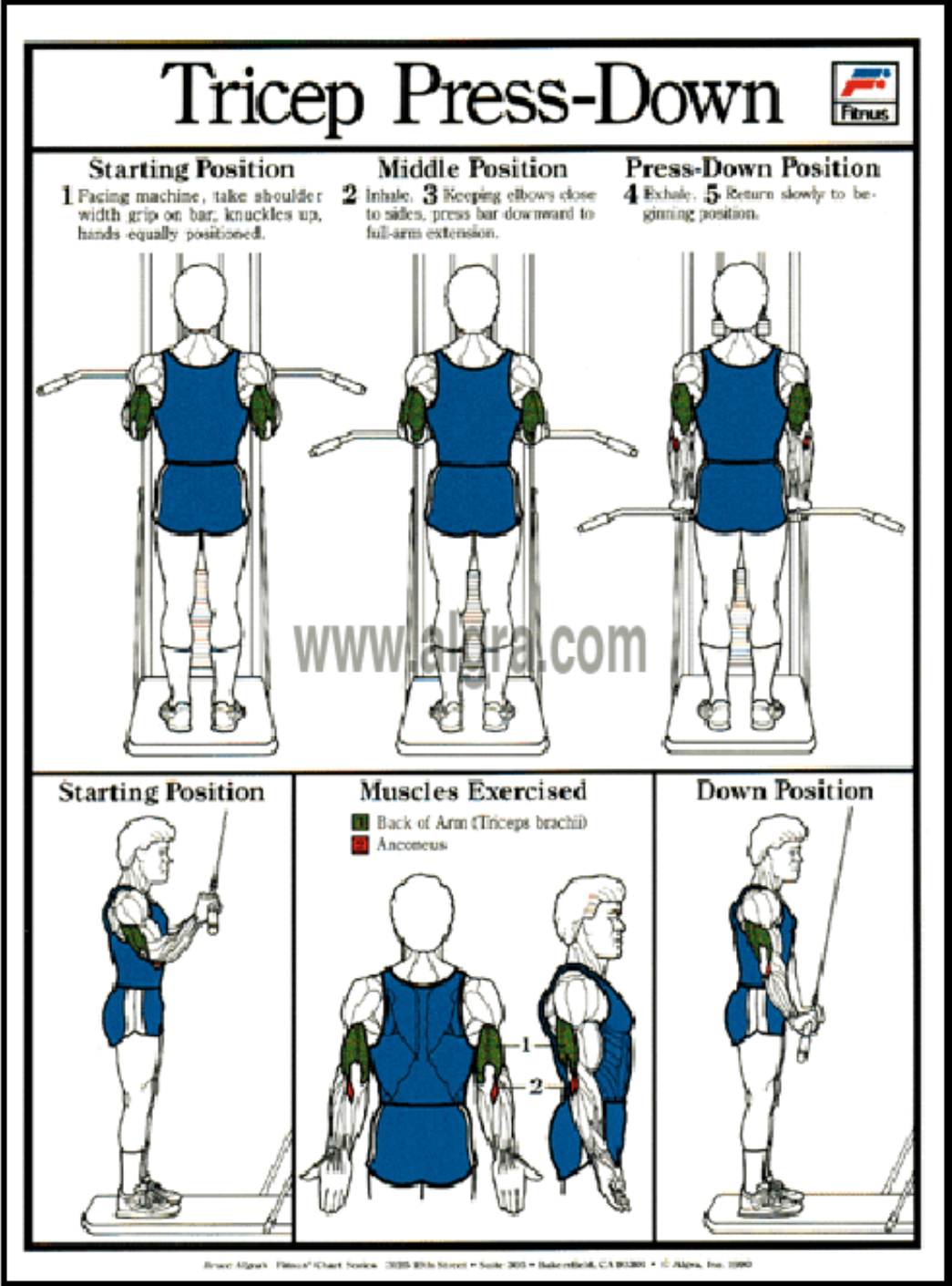


Triceps Press Down Chart– BA089

<p>Description</p>	<p>◆ The Tricep Press-Down Poster is designed to demonstrate how to use an exercise machine to strengthen your triceps. The poster provides detailed color-coded images to display which muscles are being actively engaged. The images also provide you with directions for the perfect form to maximize your workout safely.</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>The image is a detailed exercise chart for the Tricep Press-Down. It is titled "Tricep Press-Down" and features the Fitnes logo. The chart is divided into several sections:</p> <ul style="list-style-type: none"> Starting Position: 1 Facing machine, take shoulder width grip on bar, knuckles up, hands equally positioned. Middle Position: 2 Inhale. 3 Keeping elbows close to sides, press bar downward to full-arm extension. Press-Down Position: 4 Exhale. 5 Return slowly to beginning position. Muscles Exercised: A diagram shows the back of the arm with green shading for the Triceps brachii and red shading for the Anconeus. Starting Position (Side View): A side view of a person performing the exercise. Down Position (Side View): A side view of a person performing the exercise. <p>www.alpha.com</p> <p><small>Alpha Fitness Fitness Chart Series 3025 87th Street • Suite 303 • Bakersfield, CA 93311 • © Alpha, Inc. 1990</small></p>