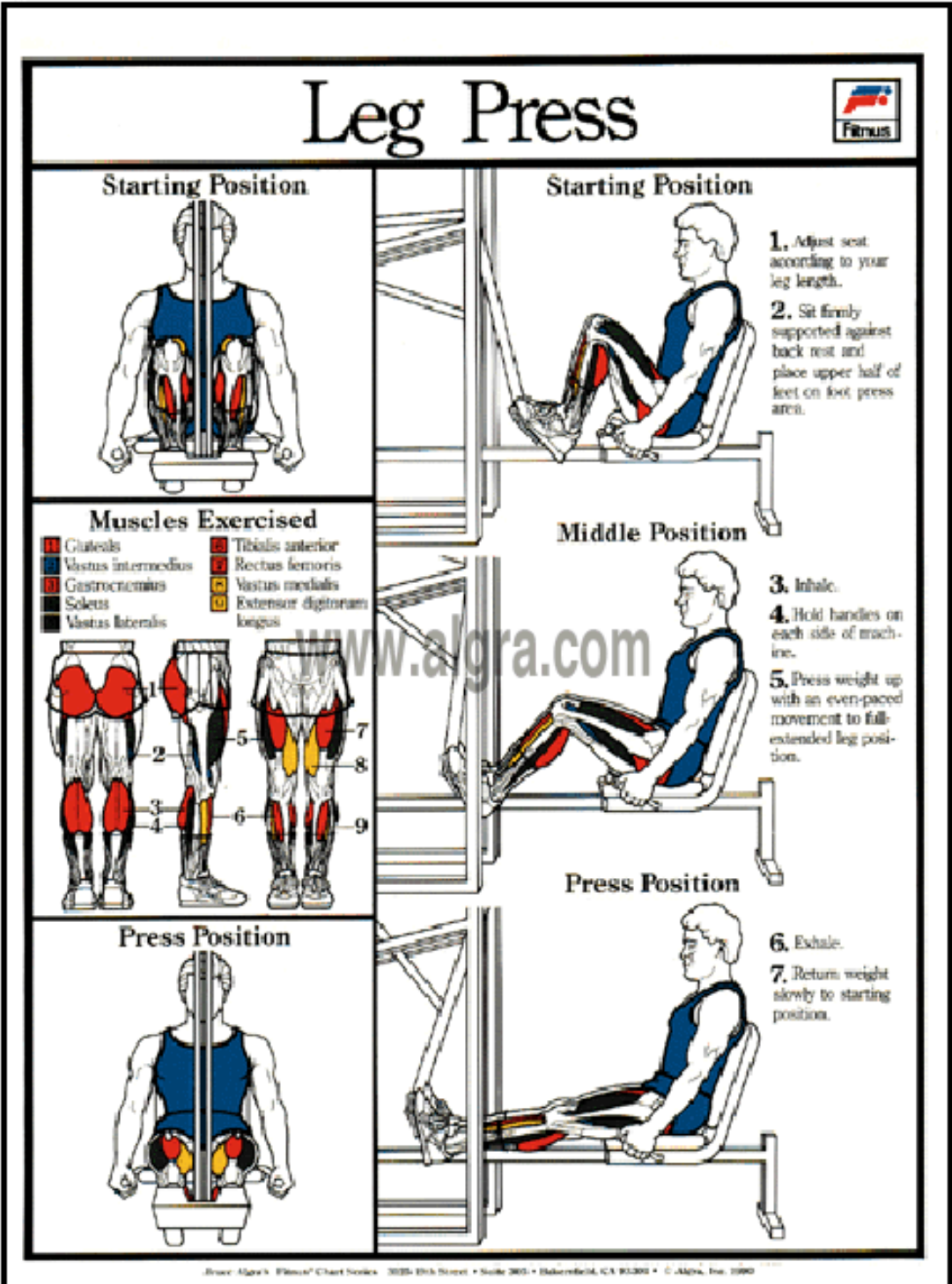


Leg Press Chart– BA100

<p>Description</p>	<p>◆ The Leg Press Poster is designed to demonstrate the optimal workout set achieved when using a leg press machine. This poster provides color-coded images demonstrating the muscles groups that are being engaged during a leg press. The images in the poster give step-by-step direction to safely maximize your workout.</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 poster is titled "Leg Press" and features a "Fitmus" logo in the top right corner. It is divided into several sections:</p> <ul style="list-style-type: none"> Starting Position (Top Left): A diagram of a person sitting on a leg press machine with their feet on the footplate. Muscles Exercised (Middle Left): A legend with color-coded boxes and corresponding muscle names: <table border="1"> <tr> <td>Red box: Gluteals</td> <td>Yellow box: Tibialis anterior</td> </tr> <tr> <td>Blue box: Vastus intermedius</td> <td>Green box: Rectus femoris</td> </tr> <tr> <td>Orange box: Gastrocnemius</td> <td>Light blue box: Vastus medialis</td> </tr> <tr> <td>Dark blue box: Soleus</td> <td>Light green box: Extensor digitorum longus</td> </tr> <tr> <td>Black box: Vastus lateralis</td> <td></td> </tr> </table> Middle Position (Middle Right): A diagram of a person in the middle of the press, with their legs extended and feet on the footplate. It includes instructions: <ol style="list-style-type: none"> 1. Adjust seat according to your leg length. 2. Sit firmly supported against back rest and place upper half of feet on foot press area. 3. Inhale. 4. Hold handles on each side of machine. 5. Press weight up with an even-paced movement to full-extended leg position. Press Position (Bottom Right): A diagram of a person in the full press position, with their legs fully extended. It includes instructions: <ol style="list-style-type: none"> 6. Exhale. 7. Return weight slowly to starting position. Press Position (Bottom Left): A diagram of a person sitting on the machine with their feet on the footplate, similar to the starting position. <p>At the bottom of the poster, there is a small line of text: "From: Alpha's Fitness Chart Series 3025-11th Street • Suite 203 • Berkeley, CA 94702 • © Alpha, Inc. 1990"</p>	Red box: Gluteals	Yellow box: Tibialis anterior	Blue box: Vastus intermedius	Green box: Rectus femoris	Orange box: Gastrocnemius	Light blue box: Vastus medialis	Dark blue box: Soleus	Light green box: Extensor digitorum longus	Black box: Vastus lateralis	
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