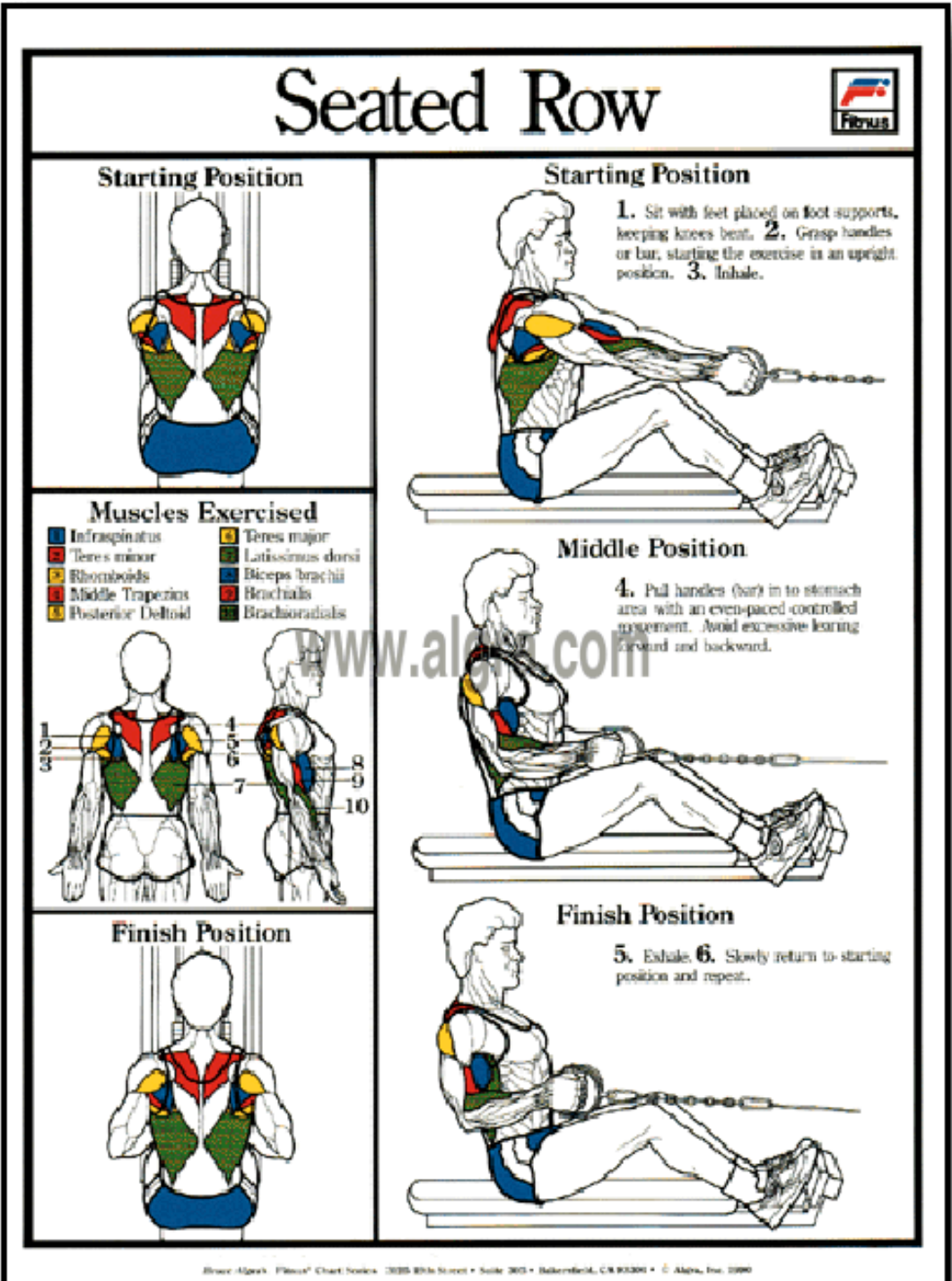


Seated Row Chart– BA101

<p>Description</p>	<p>◆ The Seated Row Poster demonstrates how to engage your upper body using an exercise machine. The poster uses color-coded images to identify which muscle is being used during your workout. The images provide step-by-step directions intended to 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 image is a poster titled "Seated Row" with the "Fitness" logo in the top right corner. It is divided into several sections:</p> <ul style="list-style-type: none"> Starting Position (Front View): Shows a person from the front with muscles highlighted in color. Starting Position (Side View): Shows a person from the side sitting on a rowing machine. Instructions: "1. Sit with feet placed on foot supports, keeping knees bent. 2. Grasp handles or bar, starting the exercise in an upright position. 3. Inhale." Muscles Exercised: A legend with two columns of colored boxes and muscle names: <ul style="list-style-type: none"> Blue: Infraspinatus Red: Teres minor Yellow: Rhomboids Green: Middle Trapezius Light Green: Posterior Deltoid Orange: Teres major Dark Green: Latissimus dorsi Dark Blue: Biceps brachii Red: Brachialis Dark Green: Brachioradialis Middle Position (Side View): Shows the person pulling the handle towards their chest. Instruction: "4. Pull handles (bar) in to stomach area with an even-paced controlled movement. Avoid excessive leaning forward and backward." Finish Position (Front View): Shows the person from the front with the handle held in front of their chest. Finish Position (Side View): Shows the person from the side with the handle held in front of their chest. Instructions: "5. Exhale 6. Slowly return to starting position and repeat." <p>At the bottom of the poster, it reads: "Source: Alpha Fitness® Chart Series, 2005 85th Street • Suite 303 • Berkeley, CA 94704 • © Alpha, Inc. 2004"</p>