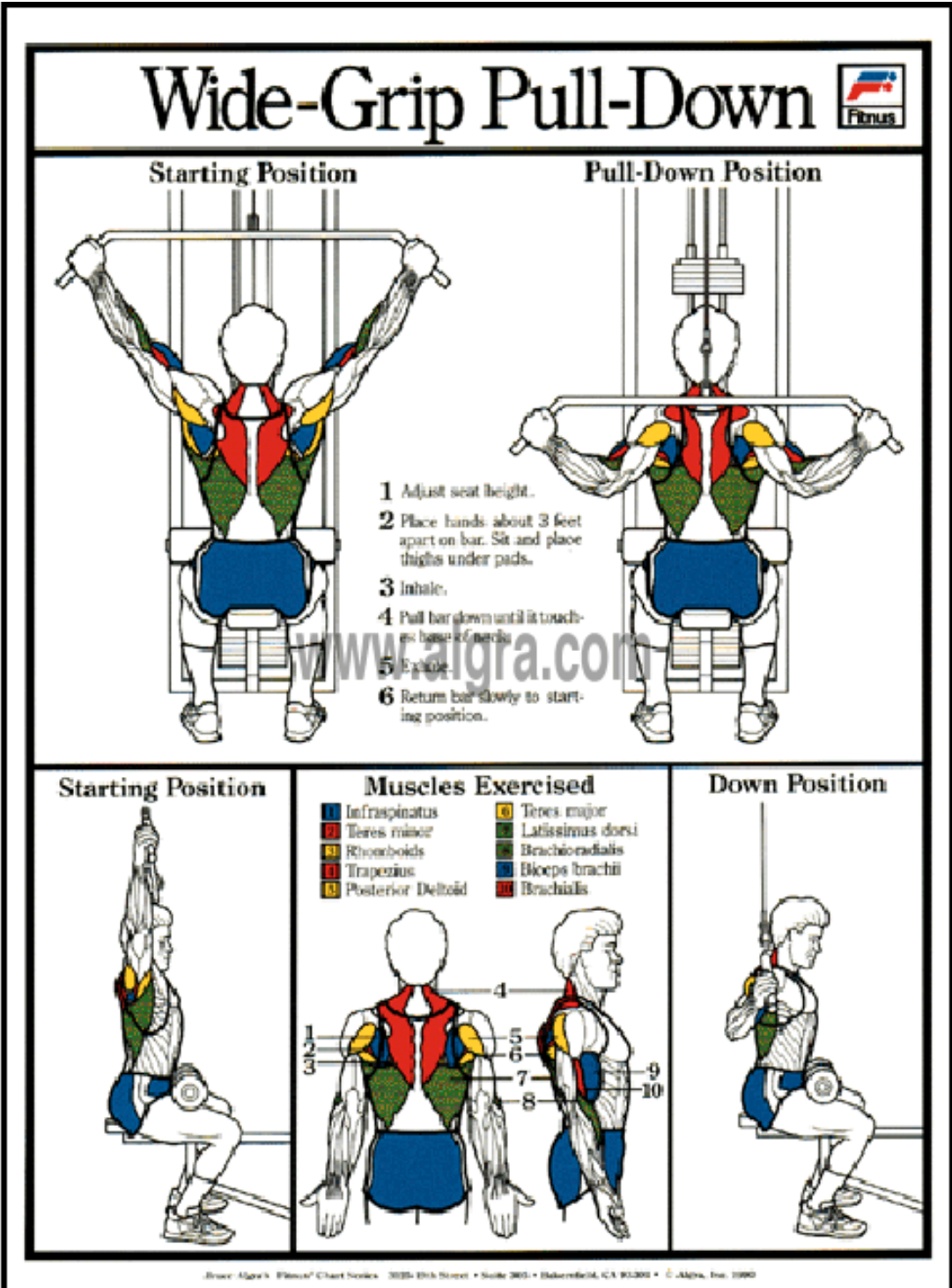



Wide Grip Pull Down Chart– BA105

| | | | | | | | | | | | |
|---------------------------|---|-----------------|---------------|---------------|--------------------|-------------|-------------------|-------------|------------------|---------------------|---------------|
| <p>Description</p> | <p>◆ This fully colored and detailed Wide Grip Pull-Down Poster describes what specific exercises to do in correlation to specific muscle groups on a specific machine. This is one fitness poster that comes in handy when using machines either in your home gym or facility.</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>Wide-Grip Pull-Down </p> <p>Starting Position Pull-Down Position</p> <ol style="list-style-type: none"> 1 Adjust seat height. 2 Place hands about 3 feet apart on bar. Sit and place thighs under pads. 3 Inhale. 4 Pull bar down until it touches base of neck. 5 Exhale. 6 Return bar slowly to starting position. <p>Muscles Exercised</p> <table border="0"> <tr> <td>1 Infraspinatus</td> <td>5 Teres major</td> </tr> <tr> <td>2 Teres minor</td> <td>6 Latissimus dorsi</td> </tr> <tr> <td>3 Rhomboids</td> <td>7 Brachioradialis</td> </tr> <tr> <td>4 Trapezius</td> <td>8 Biceps brachii</td> </tr> <tr> <td>9 Posterior Deltoid</td> <td>10 Brachialis</td> </tr> </table> <p>Starting Position Down Position</p> <p><small>Source: Alpha's Fitness® Chart Series • 3025a 15th Street • Suite 200 • Berkeley, CA 94702 • © Alpha, Inc. 1990</small></p> | 1 Infraspinatus | 5 Teres major | 2 Teres minor | 6 Latissimus dorsi | 3 Rhomboids | 7 Brachioradialis | 4 Trapezius | 8 Biceps brachii | 9 Posterior Deltoid | 10 Brachialis |
| 1 Infraspinatus | 5 Teres major | | | | | | | | | | |
| 2 Teres minor | 6 Latissimus dorsi | | | | | | | | | | |
| 3 Rhomboids | 7 Brachioradialis | | | | | | | | | | |
| 4 Trapezius | 8 Biceps brachii | | | | | | | | | | |
| 9 Posterior Deltoid | 10 Brachialis | | | | | | | | | | |