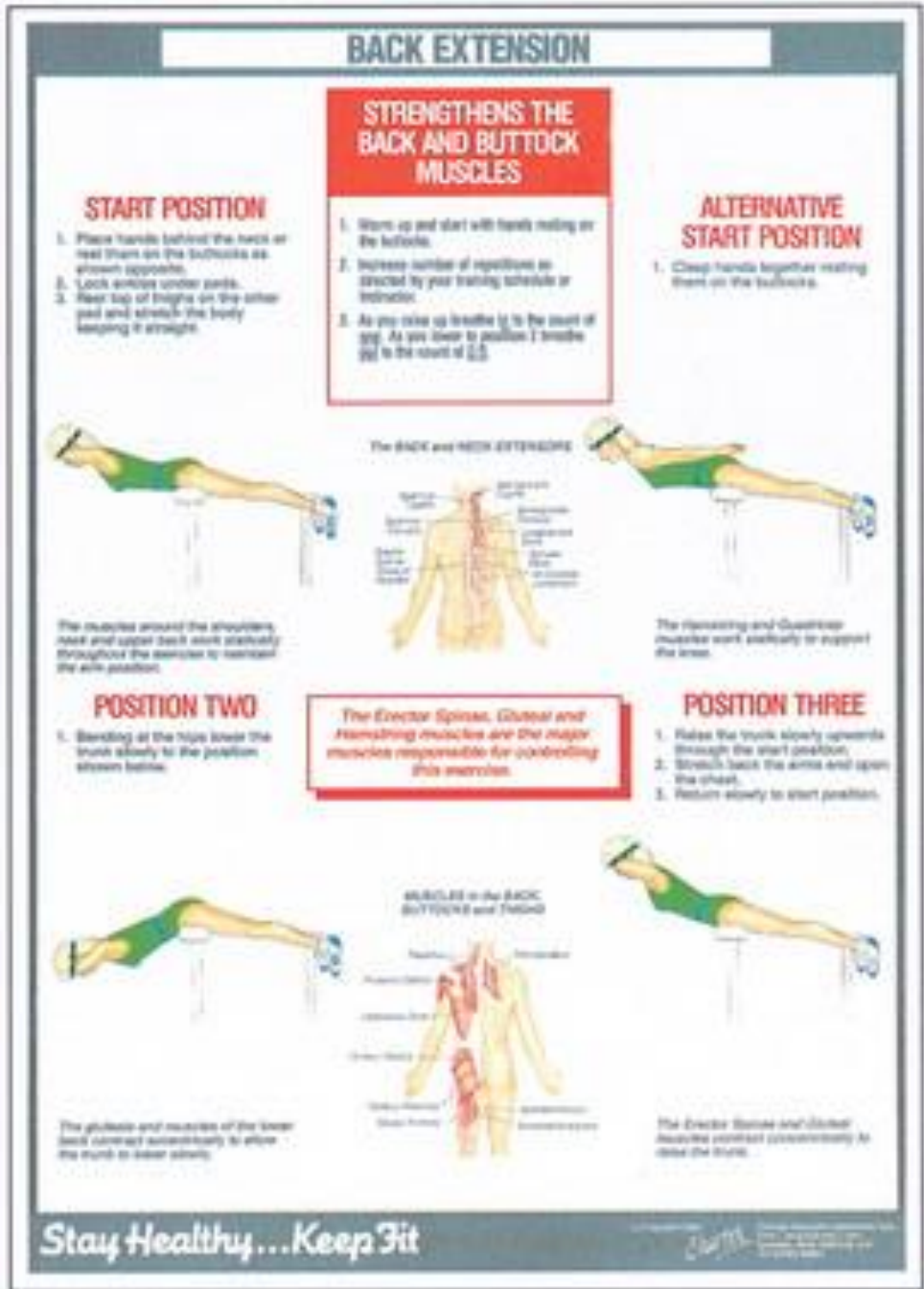


Back Extension Exercise Wall Mounted Chart– CT044

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Four positions are shown and there are two alternative start positions in this exercise before going through the exercise to the finish position. Instructional information is linked to each position to ensure the exercise is done properly and safely. The chart is ideal for fixing on the wall next to your weight training machine which helps to reinforce coaching from the fitness trainer.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart, titled "BACK EXTENSION", provides a comprehensive guide to the exercise. It features a central anatomical diagram of the human back and neck, with various muscles labeled. The chart is divided into several sections:</p> <ul style="list-style-type: none"> START POSITION: Includes instructions: "1. Place hands behind the neck or rest them on the buttocks as shown opposite.", "2. Lock ankles under pads.", "3. Feet tip of thighs on the other pad and stretch the body keeping it straight." Below this is an illustration of a person in a prone position with arms extended. STRENGTHENS THE BACK AND BUTTOCK MUSCLES: A red box containing instructions: "1. Sit up and start with hands resting on the buttocks.", "2. Increase number of repetitions as directed by your training schedule or instructor.", "3. As you sit up breathe in to the count of 30. As you lower to position 1 breathe out to the count of 30." Below this is an anatomical diagram of the back and neck muscles. ALTERNATIVE START POSITION: Includes instruction: "1. Clasp hands together resting them on the buttocks." Below this is an illustration of a person in a prone position with hands clasped. POSITION TWO: Includes instruction: "1. Bending at the hips lower the trunk slowly to the position shown below." Below this is an anatomical diagram of the back and neck muscles. POSITION THREE: Includes instructions: "1. Raise the trunk slowly upwards through the start position.", "2. Stretch back the arms and open the chest.", "3. Return slowly to start position." Below this is an anatomical diagram of the back and neck muscles. <p>At the bottom of the chart, it says "Stay Healthy... Keep Fit" and includes the logo for "JUNIOR FITNESS".</p>