

Quads Knee Extension Machine Mounted Chart-CT047

Description

- ◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Quadriceps-knee extension exercise. Instructional information is given at each exercise position as well as advice on warming-up and breathing during the exercise. The quadriceps muscle group and the muscles in the front of the lower leg are responsible for controlling this exercise.
- This helps to reinforce coaching by the Gym Instructor. The A5 size makes it ideal for fixing onto your training machine.

Details

1. Dimension: A5 Size

Image

