


Chinning Machine Mounted Chart– CT053

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Chinning exercise. Warm-up and breathing advice is given as well as instructional information about the correct technique to ensure the exercise is done properly and safely. This helps to reinforce coaching by the Gym Instructor. The A5 size makes it ideal for fixing on to your training machine.</p>
<p>Details</p>	<p>1. Dimension: A5 Size</p>
<p>Image</p>	 <p>CHINNING</p> <p>STRENGTHENS THE BICEPS, PECTORALS, LATISSIMUS DORSI AND TRAPEZIUS MUSCLES</p> <p>START POSITION</p> <ul style="list-style-type: none"> ● Hang with an overhand grip on the bar hands more than shoulder width apart. ● Head up, arms and legs fully extended, toes pointing downwards, feet together in front of vertical hip line. <p>MAJOR MUSCLES in the CHEST and ARM</p> <p>POSITION TWO</p> <ul style="list-style-type: none"> ● Start pulling up with arms and upper body muscles maintaining firm grip on bar with hands. ● Look forward, keep legs fully extended, toes pointed down. <p>MAJOR MUSCLES in the UPPER and MID BACK</p> <p>POSITION THREE</p> <ul style="list-style-type: none"> ● Continue pulling up with those muscles until the chin is level with the bar. ● Return under control to start position to the count of 2/3 with arms fully extended. <p>The Biceps, Pectorals, Latissimus Dorsi and Trapezius are responsible for performing this exercise.</p> <p>Stay Healthy...Keep Fit</p> <p><small>Copyright © 2004 Clavin Fitness Parts & Products Superstores Ltd. 110, Cantonment Road, Singapore 069435 Tel: (852) 2148 7659 Fax: (852) 2673 6312</small></p>