

Hamstring Curl Machine Mounted Chart– CT057

Description	<p>◆ This chart shows how to do the exercise in a prone lying position on a V bench, as well as illustrating the major muscle groups that work during the Hamstring Curl exercise. Important instructional information is given on technique and breathing 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>
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Details	1. Dimension: A5 Size
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