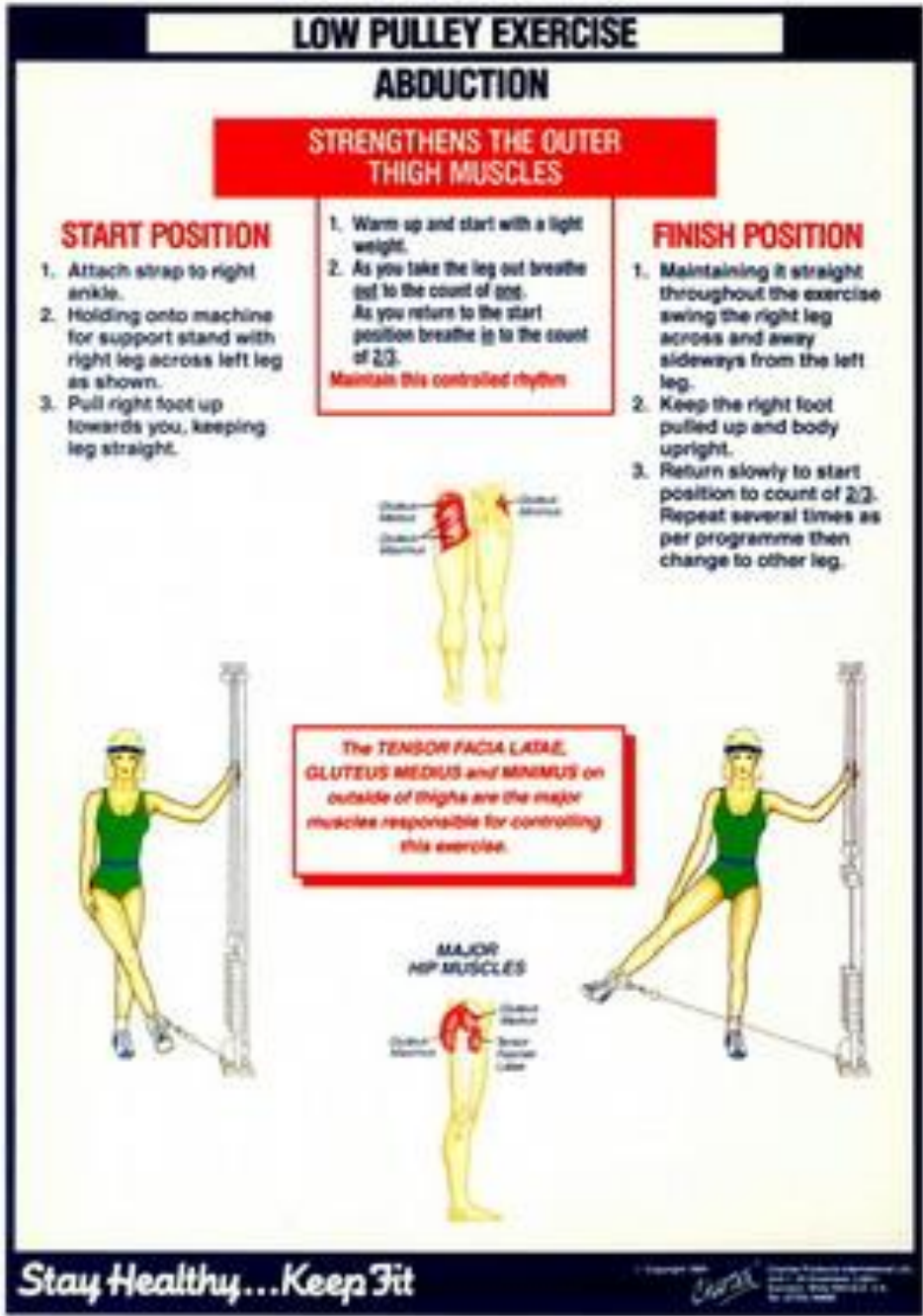


Low Pulley Abduction Exercise Chart– CT061

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|---------------------------|--|
| <p>Description</p> | <p>◆ This chart shows how to do the Low pulley Abduction exercise as well as illustrating the major muscle groups that work during the exercise. The Tensor Facia Latae, Gluteus Medius and Minimus on the outside of the thighs are the major muscles responsible for controlling this exercise. Instructional information is given for the start and finish position together with breathing advice which helps to reinforce coaching by the Gym Instructor. The A5 size makes it ideal for fixing onto your training machine.</p> |
| <p>Details</p> | <p>1. Dimension: A5 Size</p> |
| <p>Image</p> |  <p>The image is a detailed exercise chart for 'LOW PULLEY EXERCISE ABDUCTION'. It features a central title, a red banner stating 'STRENGTHENS THE OUTER THIGH MUSCLES', and two columns of instructions for 'START POSITION' and 'FINISH POSITION'. A central anatomical diagram shows the 'MAJOR HIP MUSCLES' (Tensor Fascia Latae, Gluteus Medius, Gluteus Minimus) on the right side of the body. Below this, a red box states: 'The TENSOR FACIA LATAE, GLUTEUS MEDIUS and MINIMUS on outside of thighs are the major muscles responsible for controlling this exercise.' Two illustrations show a person performing the exercise: one in the start position (leg straight) and one in the finish position (leg abducted). The chart concludes with the slogan 'Stay Healthy... Keep Fit'.</p> |