

Standing Biceps Curl Machine Mounted Chart– CT068

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Biceps Curl exercise. Each exercise position has instructional advice on how to do the exercise properly and safely as well as information about correct breathing technique. This helps to reinforce good coaching by the Gym Instructor. The A5 chart is ideal for fixing on to your training machine.</p>
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Details	1. Dimension: A5 Size
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