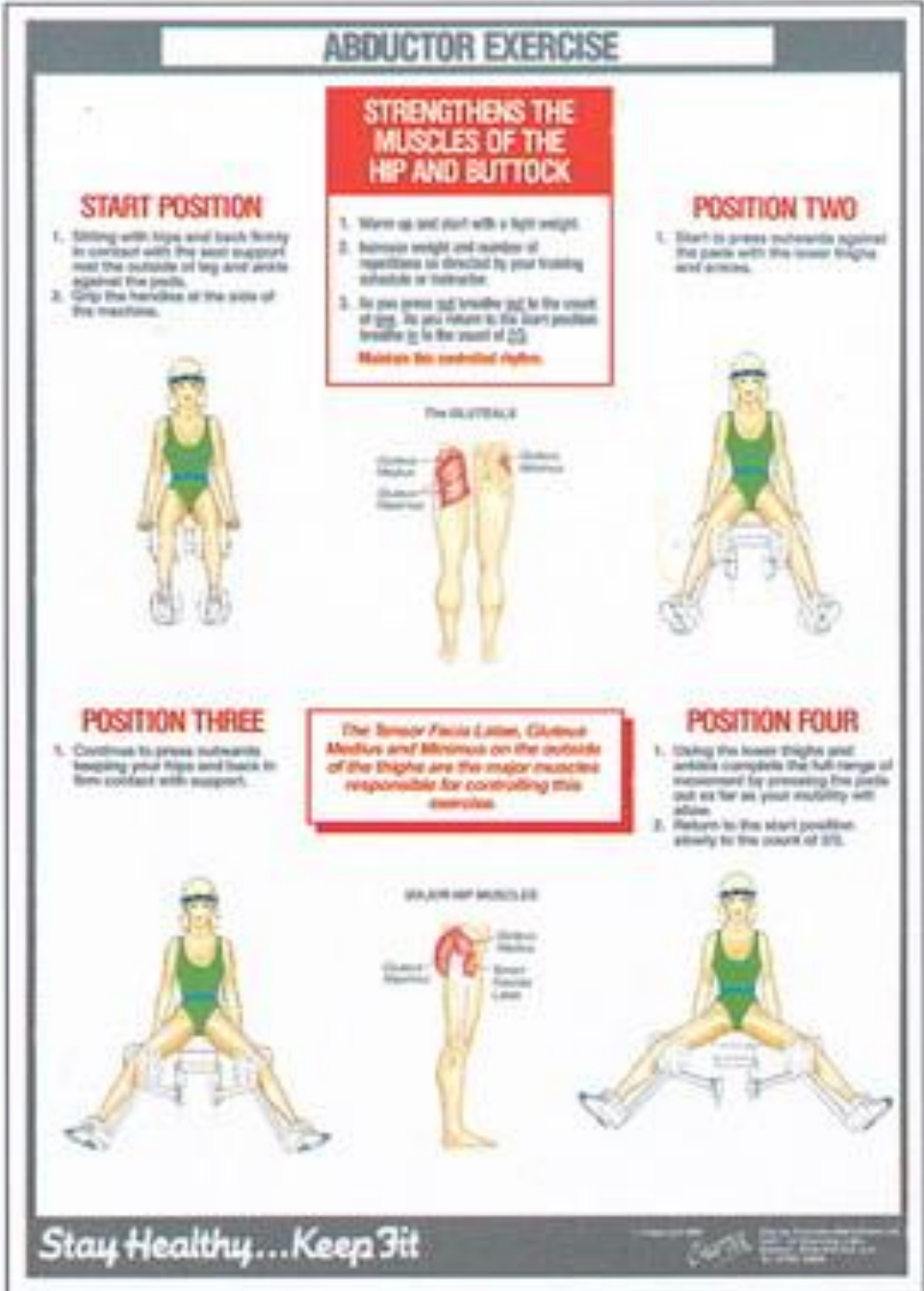


Abductor Exercise Wall Mounted Chart– CT103

<p>Description</p>	<p>◆ The Abductor chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Four positions are shown from start position to finish position and each has important instructional information to ensure the user is working the abductor muscles properly and exercising safely. Helps to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine at home or in the gym.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is titled "ABDUCTOR EXERCISE" and "STRENGTHENS THE MUSCLES OF THE HIP AND BUTTOCK". It features four instructional diagrams labeled "START POSITION", "POSITION TWO", "POSITION THREE", and "POSITION FOUR". Each diagram includes a list of instructions and a corresponding anatomical diagram of the muscles involved. The anatomical diagrams are titled "The GLUTEALS" and "MAJOR HIP MUSCLES". The chart also includes the slogan "Stay Healthy... Keep Fit" at the bottom.</p> <p>START POSITION</p> <ol style="list-style-type: none"> Sitting with legs and back firmly in contact with the seat support rest the outside of leg and ankle against the pads. Grasp the handles at the side of the machine. <p>POSITION TWO</p> <ol style="list-style-type: none"> Start to press outwardly against the pads with the inner thighs and ankles. <p>POSITION THREE</p> <ol style="list-style-type: none"> Continue to press outwardly keeping your hips and back in firm contact with support. <p>POSITION FOUR</p> <ol style="list-style-type: none"> Using the lower thighs and ankles complete the full range of movement by pressing the pads out as far as your mobility will allow. Return to the start position slowly to the count of 20. <p>STRENGTHENS THE MUSCLES OF THE HIP AND BUTTOCK</p> <ol style="list-style-type: none"> Warm up and start with a light weight. Increase weight and number of repetitions as directed by your training schedule or instructor. As you press out breathe out to the count of 10. As you return to the start position breathe in to the count of 10. Maintain this controlled rhythm. <p>The GLUTEALS</p> <p>MAJOR HIP MUSCLES</p> <p>Stay Healthy... Keep Fit</p>