

Squats Wall Mounted Chart– CT112

Description ◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Squat exercise. Each exercise position is supported with instructional advice on how to do the exercise properly and safely. Muscle action is also described during each phase of the exercise and together with breathing information the chart helps to reinforce good coaching by the Gym Instructor. It is ideal for fixing on the wall next to your weight training machine.

Details 1. Dimension: A3 Size

