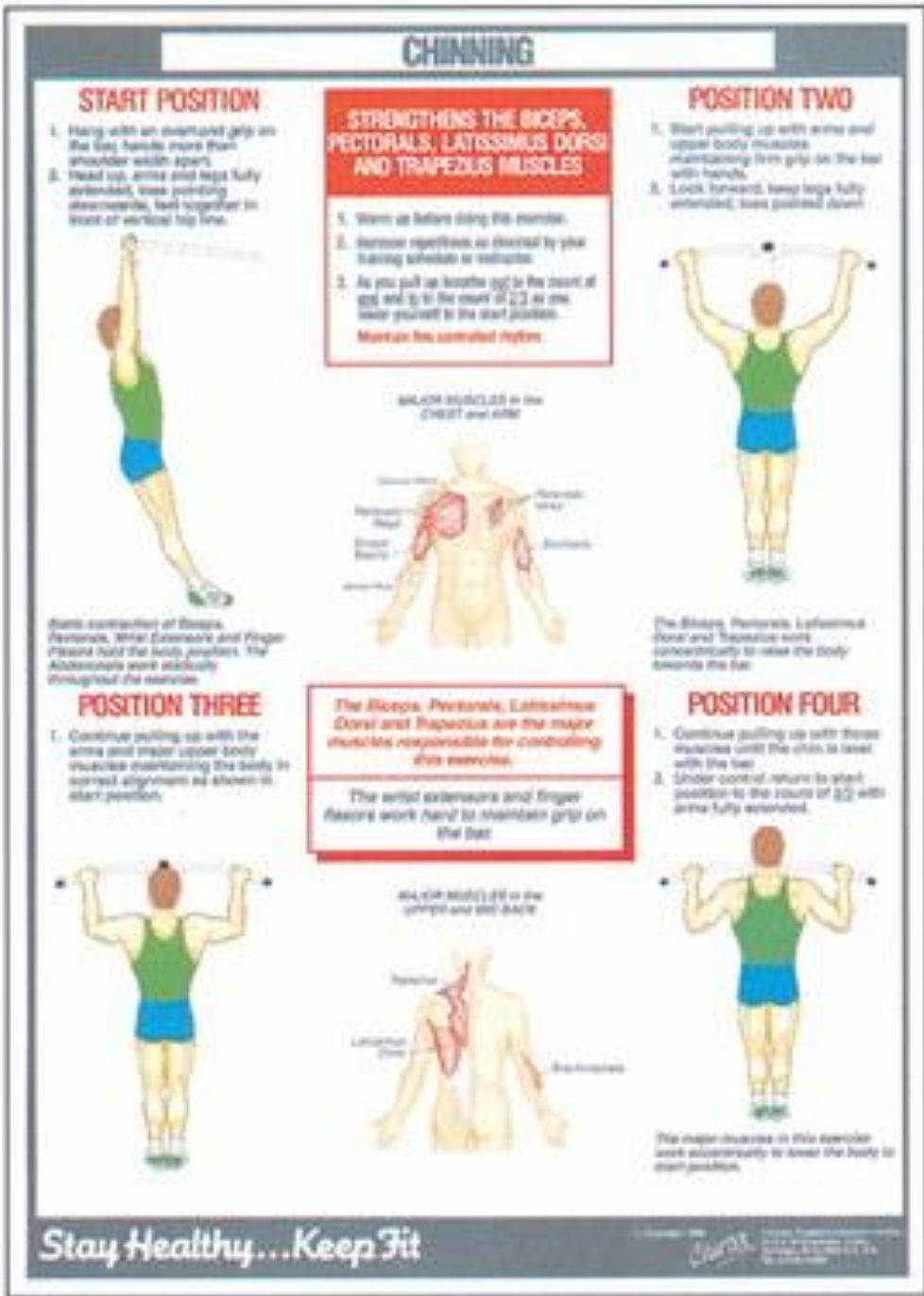


Chinning Wall Mounted Chart– CT114

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Chinning exercise. Advice is given on warming-up and breathing during the exercise, as well as instructional information about how to do the exercise properly and safely. Muscle action throughout the exercise is also explained and this helps to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is titled "CHINNING" and is divided into four main sections, each with an illustration of a person performing the exercise and a corresponding anatomical diagram of the muscles involved.</p> <ul style="list-style-type: none"> START POSITION: Shows a person hanging from a bar with arms fully extended. Instructions include: "Hang with an overhand grip on the bar, hands more than shoulder width apart." and "Head, up, arms and legs fully extended, toes pointing downwards, feet together in front of vertical hip line." The anatomical diagram highlights the Biceps, Pectorals, Latissimus Dorsi, and Trapezius muscles. POSITION TWO: Shows a person pulling up towards the bar. Instructions include: "Start pulling up with arms and upper body muscles, maintaining firm grip on the bar with hands." and "Look forward, keep legs fully extended, toes pointed down." The anatomical diagram highlights the Biceps, Pectorals, Latissimus Dorsi, and Trapezius muscles. POSITION THREE: Shows a person at the top of the pull, with arms bent and body lifted. Instructions include: "Continue pulling up with the arms and major upper body muscles maintaining the body in correct alignment as shown in start position." The anatomical diagram highlights the Biceps, Pectorals, Latissimus Dorsi, and Trapezius muscles. POSITION FOUR: Shows a person lowering themselves back down. Instructions include: "Continue pulling up with three muscles until the chin is level with the bar." and "Under control return to start position to the front of 22 with arms fully extended." The anatomical diagram highlights the Biceps, Pectorals, Latissimus Dorsi, and Trapezius muscles. <p>Additional text on the chart includes: "STRENGTHENS THE BICEPS, PECTORALS, LATISSIMUS DORSI AND TRAPEZIUS MUSCLES", "The Biceps, Pectorals, Latissimus Dorsi and Trapezius work concentrically to raise the body towards the bar", "The Biceps, Pectorals, Latissimus Dorsi and Trapezius are the major muscles responsible for controlling this exercise.", "The wrist extensors and finger flexors work hard to maintain grip on the bar", "The major muscles in this exercise work eccentrically to lower the body to start position.", and "Stay Healthy...Keep Fit".</p>