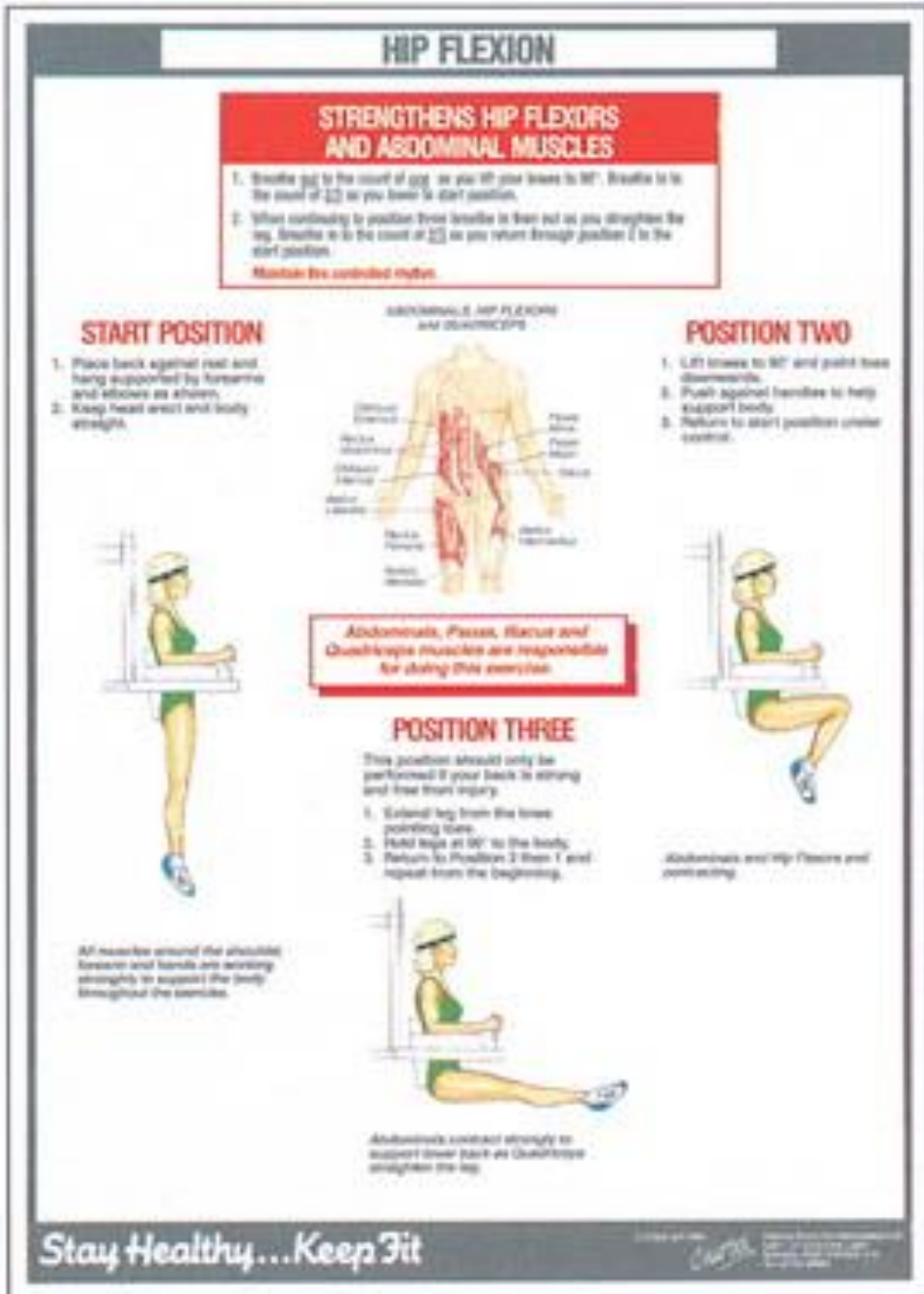


Hip Flexion Wall Mounted Chart– CT119

<p>Description</p>	<ul style="list-style-type: none"> ◆ The chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Hip Flexion exercise. In the start position all the muscles around the shoulder, forearm and hands are working strongly to support the body throughout the exercise. The Abdominals, Psoas, Iliacus and Quadriceps muscles are responsible for doing this exercise . ◆ Instructional information on how to do the exercise properly and safely together with breathing advice is given on the chart to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machines.
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart, titled "HIP FLEXION", provides instructions and illustrations for the exercise. It includes a central diagram of a human torso and legs with muscles labeled: Neck, Shoulder, Upper Arm, Forearm, Hand, Wrist, Back, Hip, Thigh, and Leg. The chart is divided into three main sections:</p> <ul style="list-style-type: none"> START POSITION: <ul style="list-style-type: none"> 1. Place back against rest and being supported by forearm and elbows as shown. 2. Keep head erect and body straight. POSITION TWO: <ul style="list-style-type: none"> 1. Lift knees to 90° and point toes downwards. 2. Push against handles to help support body. 3. Return to start position under control. POSITION THREE: <ul style="list-style-type: none"> 1. Extend leg from the knee pointing down. 2. Hold legs at 90° to the body. 3. Return to Position 2 then 1 and repeat from the beginning. <p>Additional text on the chart includes: "STRENGTHENS HIP FLEXORS AND ABDOMINAL MUSCLES", "Abdominals, Psoas, Iliacus and Quadriceps muscles are responsible for doing this exercise", and "Abdominals and Hip Flexors are working". A note at the bottom states: "Abdominals contract strongly to support lower back as Quadriceps straighten the leg". The chart concludes with the slogan "Stay Healthy... Keep Fit".</p>