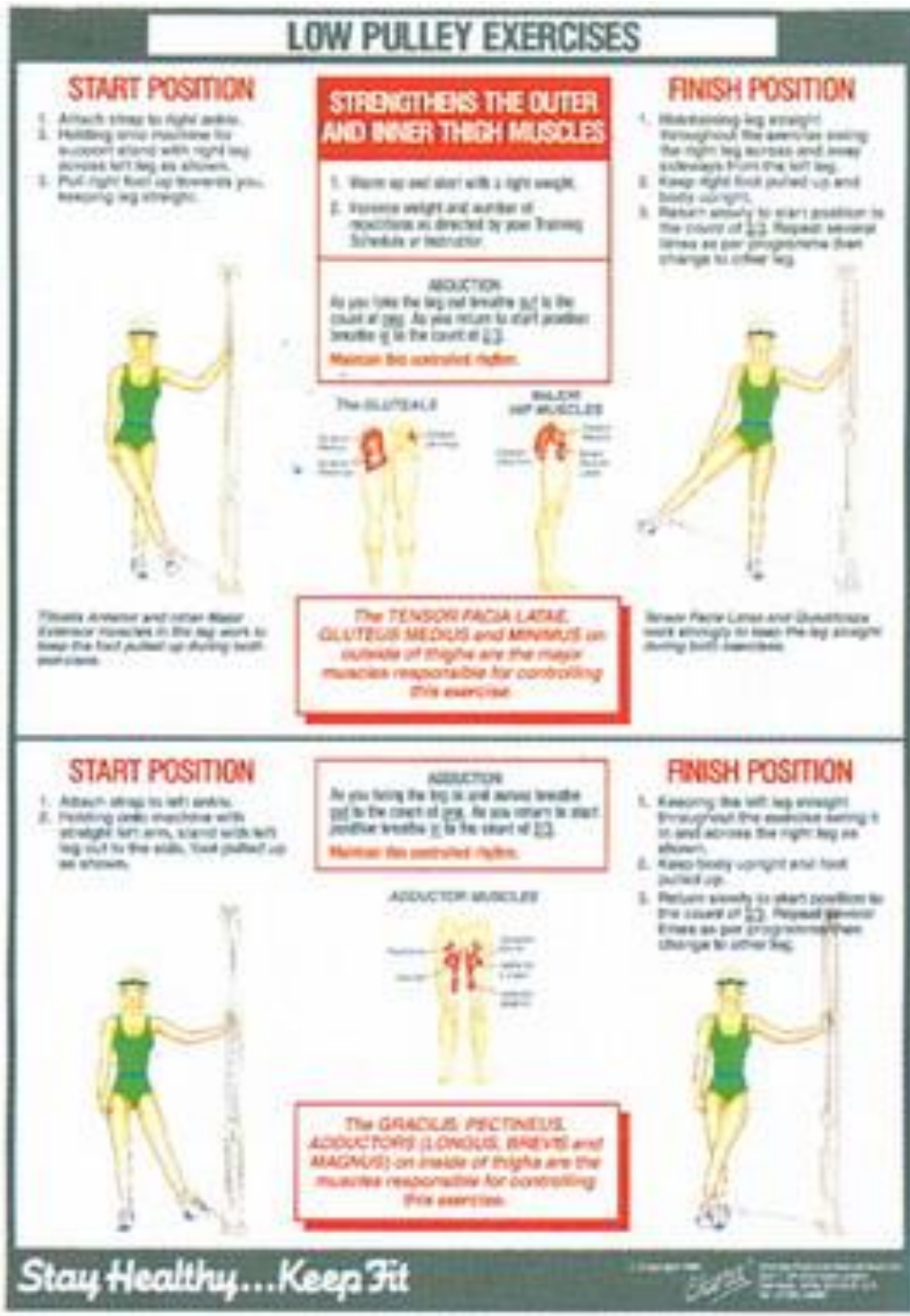


Low Pulley Exercises Wall Mounted Chart– CT121

<p>Description</p>	<p>◆ This chart shows how to do the Low Pulley exercises as well as illustrating the major muscle groups that work during these exercises which helps to reinforce coaching by the Gym Instructor. This A3 size chart is ideal for fixing on the wall next to your weight training machine as it describes on one chart the Abduction and Adduction exercises.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is divided into two main sections for Abduction and Adduction exercises. Each section includes a 'START POSITION' with three numbered steps, a 'FINISH POSITION' with three numbered steps, and a central box titled 'STRENGTHENS THE OUTER AND INNER THIGH MUSCLES' with two numbered instructions. Anatomical diagrams show the muscles involved: 'The GLUTEALS' and 'BUTTOCK HIP MUSCLES' for abduction, and 'The TENSOR FASCIA LATAE, GLUTEUS MEDIUS and MINIMUS' for abduction, and 'ADDUCTOR MUSCLES' for adduction. A final box lists 'The GRACILIS, PECTINEUS, ADDUCTORS (LONGUS, BREVIS) and MAGNUS' as the muscles responsible for controlling the adduction exercise. The chart ends with the slogan 'Stay Healthy... Keep Fit'.</p>