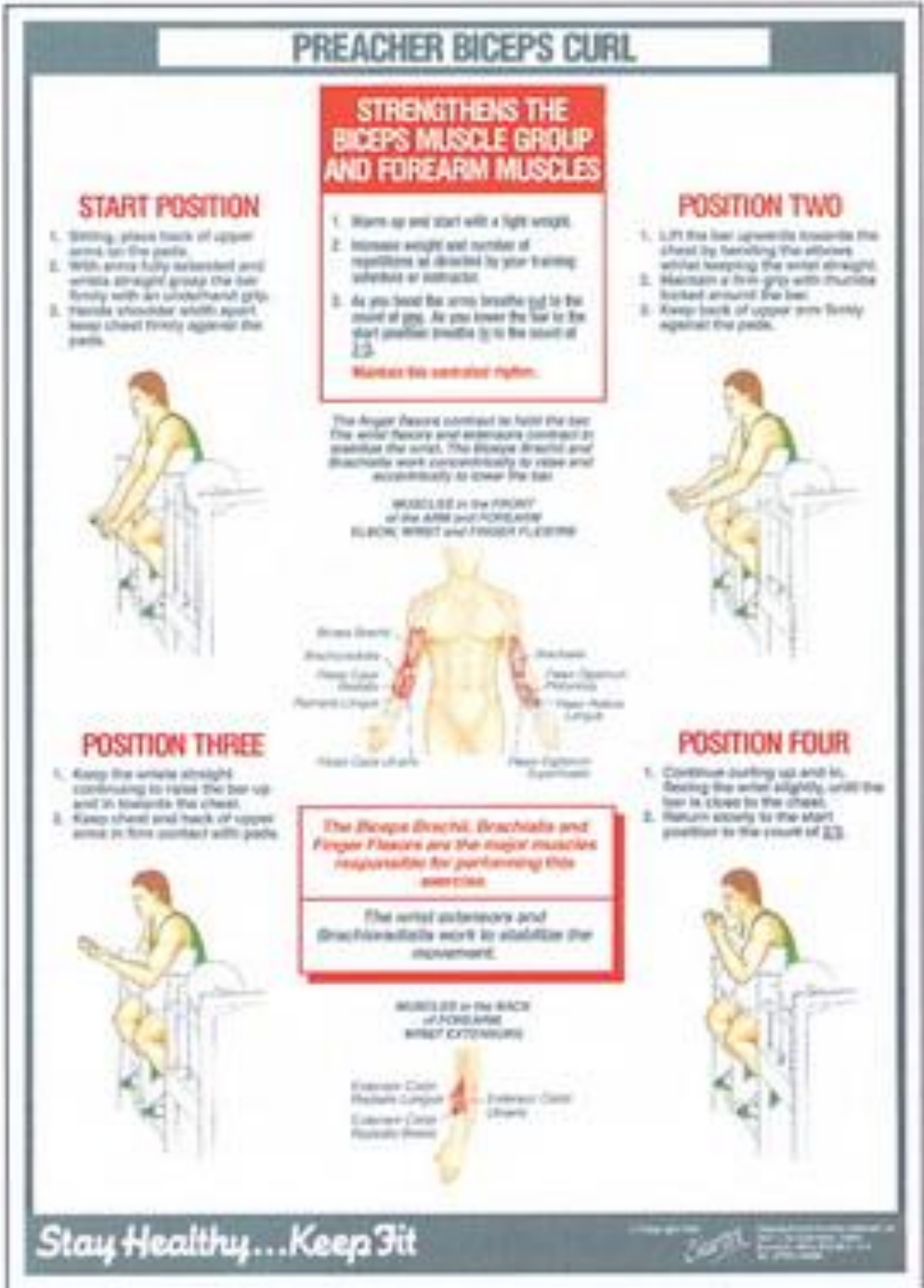


Preacher Biceps Curl Wall Mounted Chart– CT122

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Preacher Biceps Curl exercise. Four positions are shown from start to finish together with important instructional information to help ensure the exercise is done properly and safely. 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 "PREACHER BICEPS CURL" and "STRENGTHENS THE BICEPS MUSCLE GROUP AND FOREARM MUSCLES". It features four illustrations of a person performing the exercise at different stages: Start Position, Position Two, Position Three, and Position Four. Each illustration is accompanied by numbered instructions. A central anatomical diagram shows the muscles of the upper arm and forearm, with labels for Biceps Brachii, Brachialis, Brachioradialis, Forearm Flexors, Forearm Extensors, and Finger Flexors. A red box highlights that the Biceps Brachii, Brachialis, and Finger Flexors are the major muscles responsible for the exercise, while the wrist extensors and brachioradialis work to stabilize the movement. The chart also includes the slogan "Stay Healthy...Keep Fit" at the bottom.</p>