

## Pullover Wall Mounted Chart– CT123

<b>Description</b>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Pullover exercise. Each exercise position has instructional information as well as an analysis of muscle action at each stage of the exercise which helps to reinforce coaching by the Gym Instructor. The Chart is ideal for fixing on the wall next to your weight training machine.</p>
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<b>Details</b>	1. Dimension: A3 Size
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