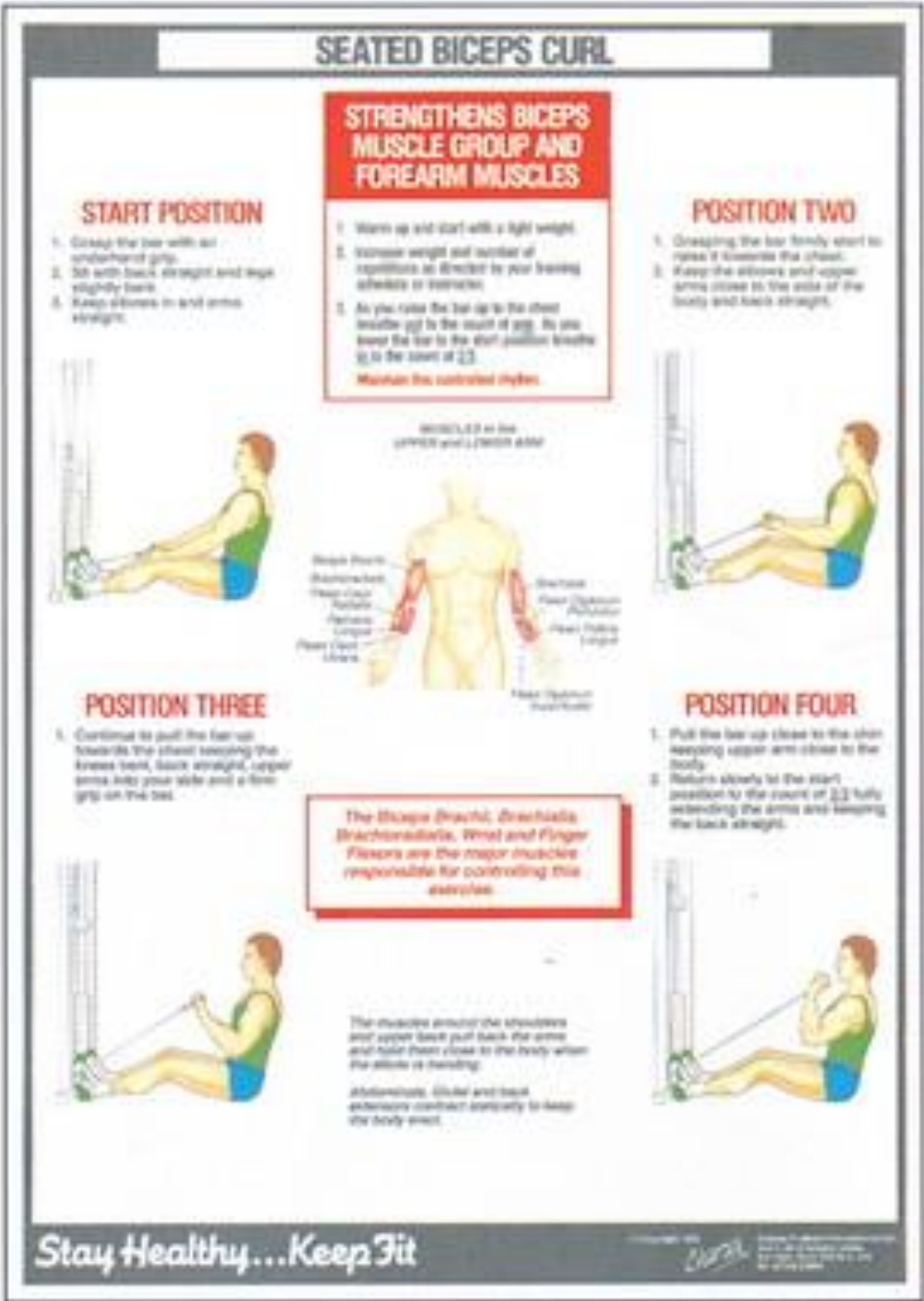


## Seated Biceps Wall Mounted Chart– CT124

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Seated Biceps Curl exercise. Instructional information is given at each exercise position. Also advice about warming-up and breathing during the exercise 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><b>Details</b></p>	<p>1. Dimension: A3 Size</p>
<p><b>Image</b></p>	 <p>The chart is titled "SEATED BICEPS CURL" and "STRENGTHENS BICEPS MUSCLE GROUP AND FOREARM MUSCLES". It features four numbered positions with illustrations and text instructions:</p> <ul style="list-style-type: none"> <li><b>START POSITION:</b> 1. Grasp the bar with an underhand grip. 2. Sit with back straight and legs slightly bent. 3. Keep elbows in and arms straight.</li> <li><b>POSITION TWO:</b> 1. Grasping the bar firmly, start to raise it towards the chest. 2. Keep the elbows and upper arms close to the side of the body and back straight.</li> <li><b>POSITION THREE:</b> 1. Continue to pull the bar up towards the chest keeping the knees bent, back straight, upper arms close to your side and a firm grip on the bar.</li> <li><b>POSITION FOUR:</b> 1. Pull the bar up close to the chest keeping upper arm close to the body. 2. Return slowly to the start position to the count of 23 fully extending the arms and keeping the back straight.</li> </ul> <p>Additional text on the chart includes: "WHEELS on the UPPER and LOWER ARM", "The Biceps Brachii, Brachialis, Brachioradialis, Wrist and Finger Flexors are the major muscles responsible for controlling this exercise.", and "The muscles around the shoulders and upper back pull back the arms and hold them close to the body when the arms are bending. Additionally, shoulder and back extensors contract actively to keep the body erect." The chart concludes with the slogan "Stay Healthy...Keep Fit".</p>