


Seated Shoulder Press Wall Mounted Chart– CT126

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Seated Shoulder Press exercise. Instructional information is given at each stage of the exercise to ensure the exercise is done properly and safely together with an analysis of how the muscles work in the exercise. Advice on how to warm-up before and breathe correctly during the exercise is written on the chart. This helps to reinforce good 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, titled "SEATED SHOULDER PRESS", provides a four-stage instructional guide. It includes diagrams of a person performing the exercise at each stage, a central anatomical diagram of the shoulder and upper back muscles, and text boxes with instructions and muscle group information. The stages are: 1. Start Position (adjusting the bar, gripping it, and sitting upright), 2. Position Two (pushing the bar up), 3. Position Three (pressing the bar up until arms are fully extended), and 4. Position Four (returning to the start position). A central text box states: "STRENGTHENS THE SHOULDER MUSCLES". Another text box notes: "The Deltoid and Triceps are the major muscles responsible for performing this exercise." A final text box says: "Muscles of the wrist and finger flexor work to maintain a firm grip on the bar throughout the exercise." The chart concludes with the slogan "Stay Healthy... Keep Fit".</p>