

Standing Biceps Curl Wall Mounted Chart– CT127

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Biceps Curl exercise. Each exercise position is supported with instructional advice on how to do the exercise properly and safely, and together with breathing advice helps to reinforce good coaching by the Gym Instructor. This 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>	