

Dumbbell Exercises Shoulders and Arms Chart– PF006

<p>Description</p>	<ul style="list-style-type: none"> ◆ Dumbbells are a wonderful exercise tool that increase your strength, improve your stamina and burn calories. Following the dumbbell exercises on this poster, you can work your upper body to gain strength in your shoulders, rotator cuff, triceps, biceps and forearms. ◆ Check out the chart's illustrations for variations on wrist and bicep curls, presses, side lying, flyes and raises. ◆ Finish up your routines with the pec minor punch, prone external rotation, kickback, shoulder shrug and the screwdriver. ◆ Dumbbells are designed to develop core strength and coordination, and you can increase the weights as your program develops. ◆ The chart includes safety information and it explains in simple step-by-step instructions and photos all the dumbbell exercises designed to develop your upper body strength. ◆ Protection of the spine during exercise is important and that's why all the Productive Fitness posters teach how to attain and maintain proper torso stabilization while exercising.
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	