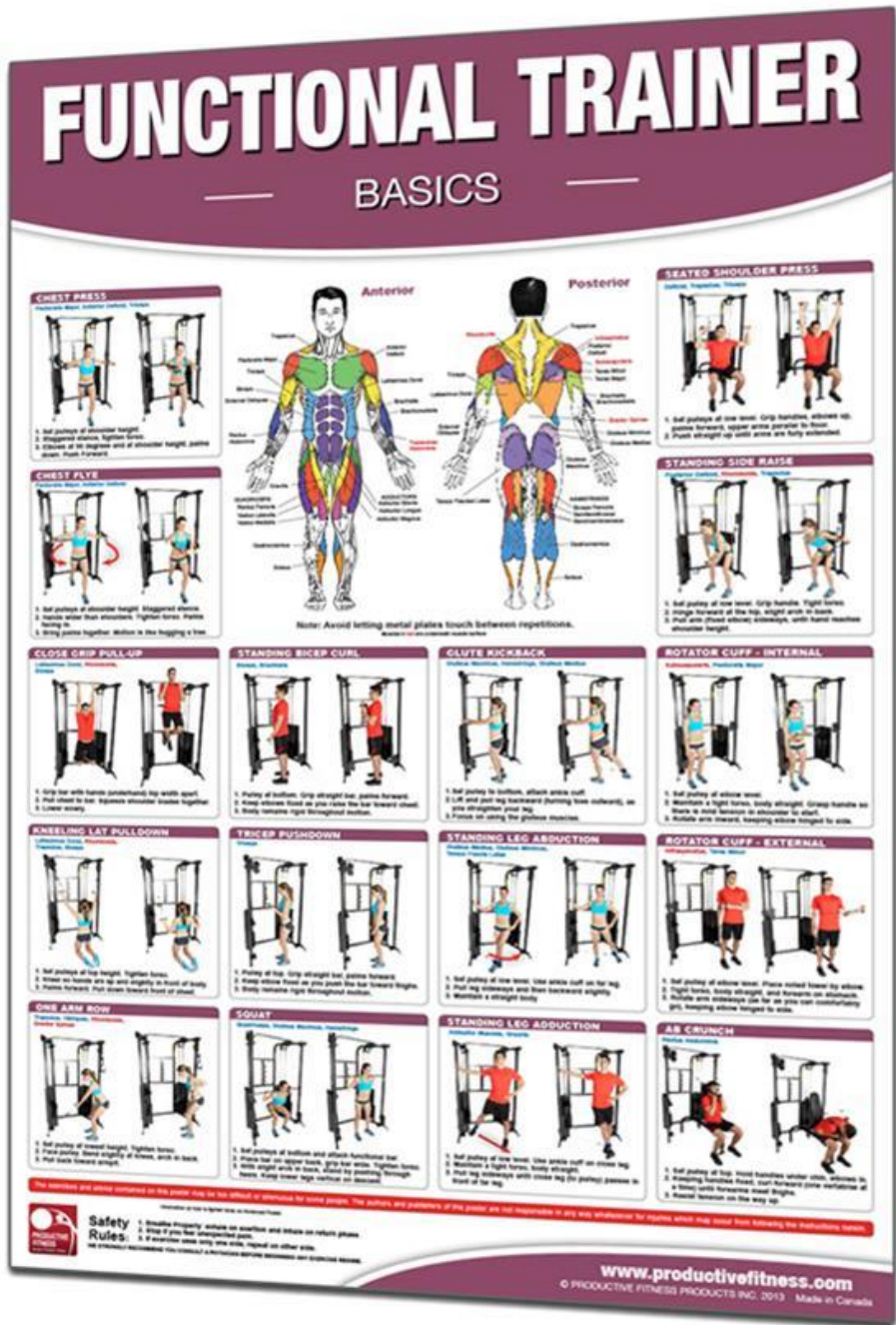


## Functional Trainer Basics Chart– PF013

<p><b>Description</b></p>	<ul style="list-style-type: none"> <li>◆ This poster features 16 basic exercises that can be done on a functional trainer gym. Get a great workout for the chest, shoulders, back, triceps, biceps, abdominals, legs and calves. All exercises are clearly explained with step-by-step instructions and descriptive photos.</li> <li>◆ The exercise movements apply to all functional trainer gyms that use two adjustable height pulleys. A muscle diagram show both the posterior and anterior muscles used. Laminated chart; 24 x 36 inches.</li> </ul>
<p><b>Details</b></p>	<ol style="list-style-type: none"> <li>1. Dimension: 24" x 36"</li> <li>2. Material: gloss paper laminated with clear polyester both sides</li> </ol>
<p><b>Image</b></p>	 <p>The poster, titled "FUNCTIONAL TRAINER BASICS", features 16 exercise cards arranged in a grid. Each card includes a photo of a person performing the exercise and a list of numbered steps. In the center, there are two anatomical diagrams of a human body: one showing the anterior (front) view and one showing the posterior (back) view. Muscles are color-coded and labeled with their names. A note below the diagrams reads: "Note: Avoid letting metal plates touch between repetitions." At the bottom of the poster, there is a "Safety Rules" section and the website "www.productivefitness.com".</p>