

Functional Trainer Advanced Chart– PF014

<p>Description</p>	<ul style="list-style-type: none"> ◆ This poster features 18 advanced exercises that can be performed on any Functional Trainer gym. All exercises are clearly explained with step-by-step instructions and descriptive photos. ◆ The exercise movements apply to all functional trainer gyms, even though gym types may vary. The top box describes how to properly stabilize your torso before each exercise. Laminated chart; 24 x 36 inches.
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides

