


Back Exercise Chart– PT005

<p>Description</p>	<ul style="list-style-type: none"> ◆ The Back Exercise poster is a fantastic reference point for gym users of all abilities, providing an extensive range of back exercises, training tips and advice. ◆ The chart identifies the everyday benefits of training your back and highlights how weight training can be used with great effect for different goals; from muscle-gain to fat-loss. ◆ Exercises included: Pull-ups, Lat Pulldowns, Bent-over Rows, Seated Rows, Face Pull, Back Extensions
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 840 x 594 mm (A1 Size) 2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides
<p>Image</p>	 <p>The poster is titled "BACK" and is divided into several sections:</p> <ul style="list-style-type: none"> WHY TRAIN YOUR BACK?: Explains that the back is a complex area used in most activities, and training it improves muscle definition, posture, and core strength. WHAT'S YOUR GOAL?: Provides three goal-oriented workout plans: <ul style="list-style-type: none"> Tone and Burn Fat: 3 sets of 12-20 reps, light weight (50-70% of 1 rep max), 30-60 sec rest. Increase Muscle Size: 3 sets of 6-12 reps, moderate weight (70-85% of 1 rep max), 1-2 min rest. Increase Strength: 5 sets of 2-6 reps, heavy weight (85-100% of 1 rep max), 2-3 min rest. Lat Pulldowns: Shows Wide Grip, Narrow Grip, and V-bar Grip variations. Muscles worked: Sides of back (latissimus dorsi), Upper back and neck (trapezius and rhomboids), Shoulders (deltoids), Upper front of arms (biceps). Rows: Shows Bent-over, One-arm Dumbbell, Face Pull, and Seated variations. Muscles worked: Sides of back (latissimus dorsi), Upper back and neck (trapezius and rhomboids), Upper front of arms (biceps). Pull-ups: Shows Overhand Grip, Underhand Grip, Assisted, and Supine variations. Muscles worked: Sides of back (latissimus dorsi), Upper front of arms (biceps), Upper back and neck (trapezius and rhomboids), Stomach (abdominals). Back Extensions: Shows Floor, Machine, and Ball variations. Muscles worked: Lower back (erector spinae), Back of upper legs (biceps femoris), Buttocks (gluteals). MAXIMISE YOUR WORKOUT!: Includes tips on warming up, changing weight, hydration, and breathing. Demo Videos: QR code for instant access to free exercise demonstrations. PosterFit.com: Your ultimate training partner.