



Weight Training Flexibility Chart– BA082

Description	<p>◆ This Weight Training Flexibility Poster illustrates how to stretch each muscle. The poster uses color-coding to display which muscles are being engaged during the stretch. This poster is a great addition to any health or fitness facility.</p>
Details	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
Image	<p>The poster is titled "WEIGHT TRAINING FLEXIBILITY" and features 12 numbered illustrations of various stretches. Each stretch includes a diagram of the human body with muscles highlighted in different colors (red, yellow, blue, green) to indicate which muscles are being engaged. The stretches are as follows:</p> <ul style="list-style-type: none"> 1. Backward Biceps Stretch: Biceps, triceps, and shoulder muscles are highlighted. 2. Triceps Stretch: Triceps and shoulder muscles are highlighted. 3. Shoulder Stretch: Shoulder and upper back muscles are highlighted. 4. Lat Stretch: Latissimus dorsi muscle is highlighted. 5. Chest Stretch: Pectoralis major and minor muscles are highlighted. 6. Hip Flexor Stretch: Iliopsoas and rectus femoris muscles are highlighted. 7. Hamstring Stretch: Biceps femoris, semitendinosus, and semimuscleus muscles are highlighted. 8. Calf Stretch: Gastrocnemius and soleus muscles are highlighted. 9. Ankle Stretch: Peroneus and soleus muscles are highlighted. 10. Quadriceps Stretch: Rectus femoris muscle is highlighted. 11. Glute Stretch: Gluteus maximus, medius, and minimus muscles are highlighted. 12. IT Band Stretch: Iliotibial band, tensor fasciae latae, and gluteus muscles are highlighted. <p>A central "MUSCLE GUIDE" section provides a color-coded key for the muscles shown in the stretches:</p> <ul style="list-style-type: none"> Red: Upper Back (Trapezius), Shoulder (Deltoid), Neck of Arm (Triceps), Biceps (Biceps brachii), Forearm (Forearm extensors), Lower Back (Latissimus dorsi), Neck of Thigh (Rectus femoris), Ball (Gastrocnemius), Calf (Soleus). Yellow: Chest (Pectoralis), Front of Arm (Flexor digitorum profundus), Forearm (Forearm flexors), Thigh (Vastus muscles), Calf (Gastrocnemius), Heel (Plantar fasciitis). Blue: Hip (Gluteus), Thigh (Hamstrings), Calf (Gastrocnemius), Heel (Plantar fasciitis). Green: Ankle (Peroneus), Foot (Soleus).