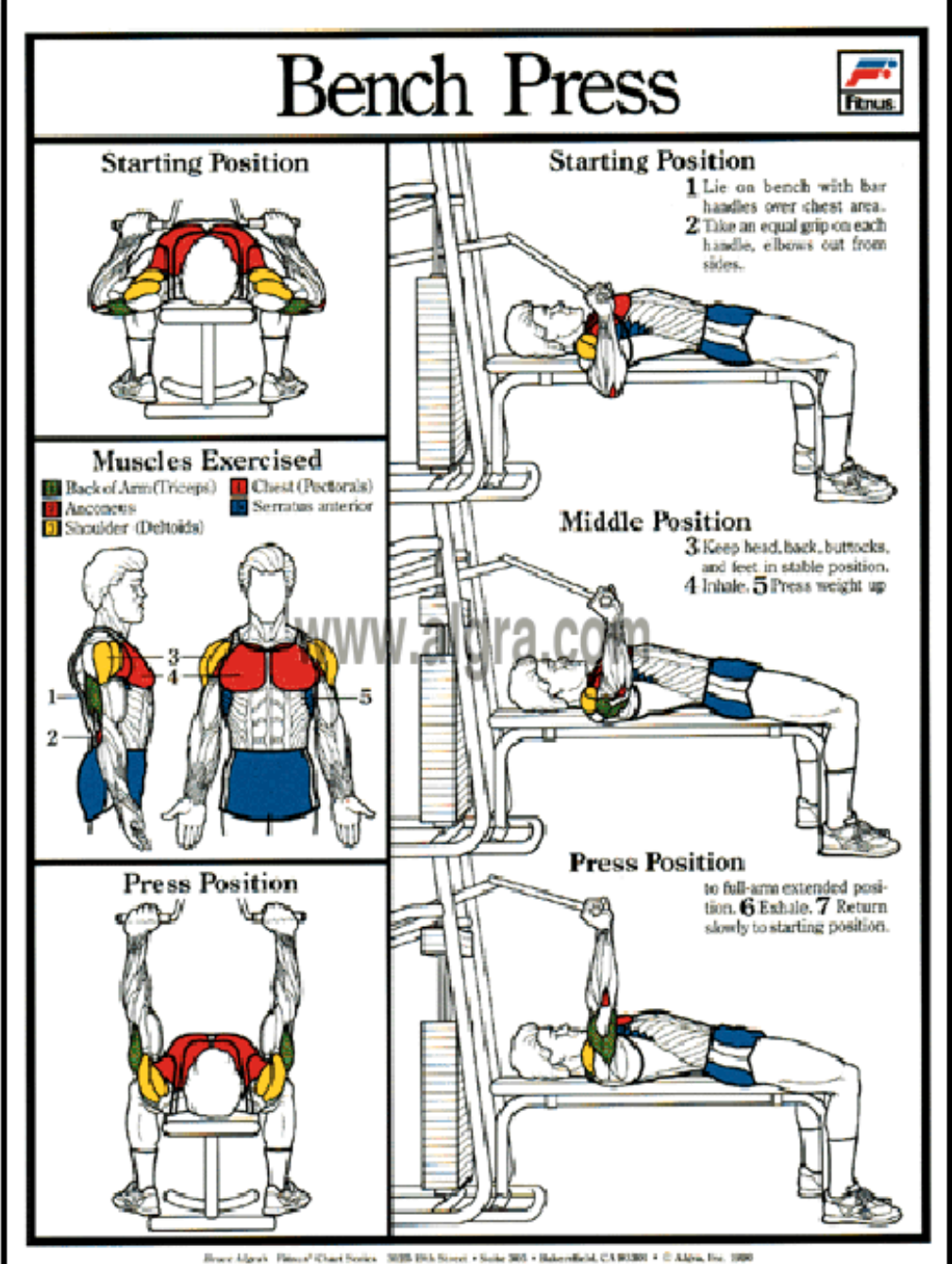


Bench Press Chart– BA091

Description	<p>◆ Algra's Bench Press Poster demonstrates different exercises that can be performed using a bench press. The poster displays images using beautiful color-coding to actively demonstrate which muscles groups are being engaged during each exercise. The images give step-by-step directions that show how to maximize your workout and use the bench press machines correctly.</p>
Details	<ol style="list-style-type: none"> 1. Dimension: 11" x 16" 2. Material: gloss paper laminated with clear polyester both sides
Image	 <p>The poster is titled "Bench Press" and features a logo in the top right corner. It is divided into three main sections illustrating the exercise:</p> <ul style="list-style-type: none"> Starting Position: Shows a person lying on a bench with their feet flat on the floor and arms extended upwards, holding a barbell. Instructions: 1 Lie on bench with bar handles over chest area. 2 Take an equal grip on each handle, elbows out from sides. Middle Position: Shows the person in the middle of the press, with arms partially extended. Instructions: 3 Keep head, back, buttocks, and feet in stable position. 4 Inhale. 5 Press weight up. Press Position: Shows the person at the top of the press, with arms fully extended. Instructions: to full-arm extended position. 6 Exhale. 7 Return slowly to starting position. <p>A diagram titled "Muscles Exercised" shows a human figure with color-coded areas indicating the muscles worked: Back of Arm (Triceps) in green, Chest (Pectoralis) in red, Anconeus in yellow, Shoulder (Deltoids) in blue, and Serratus anterior in dark blue. The numbers 1 through 5 correspond to the muscle groups shown in the diagram.</p> <p>Source: Algra's Fitness Chart Series 3035 15th Street • Suite 303 • Berkeley, CA 94701 • © Algra, Inc. 1990</p>