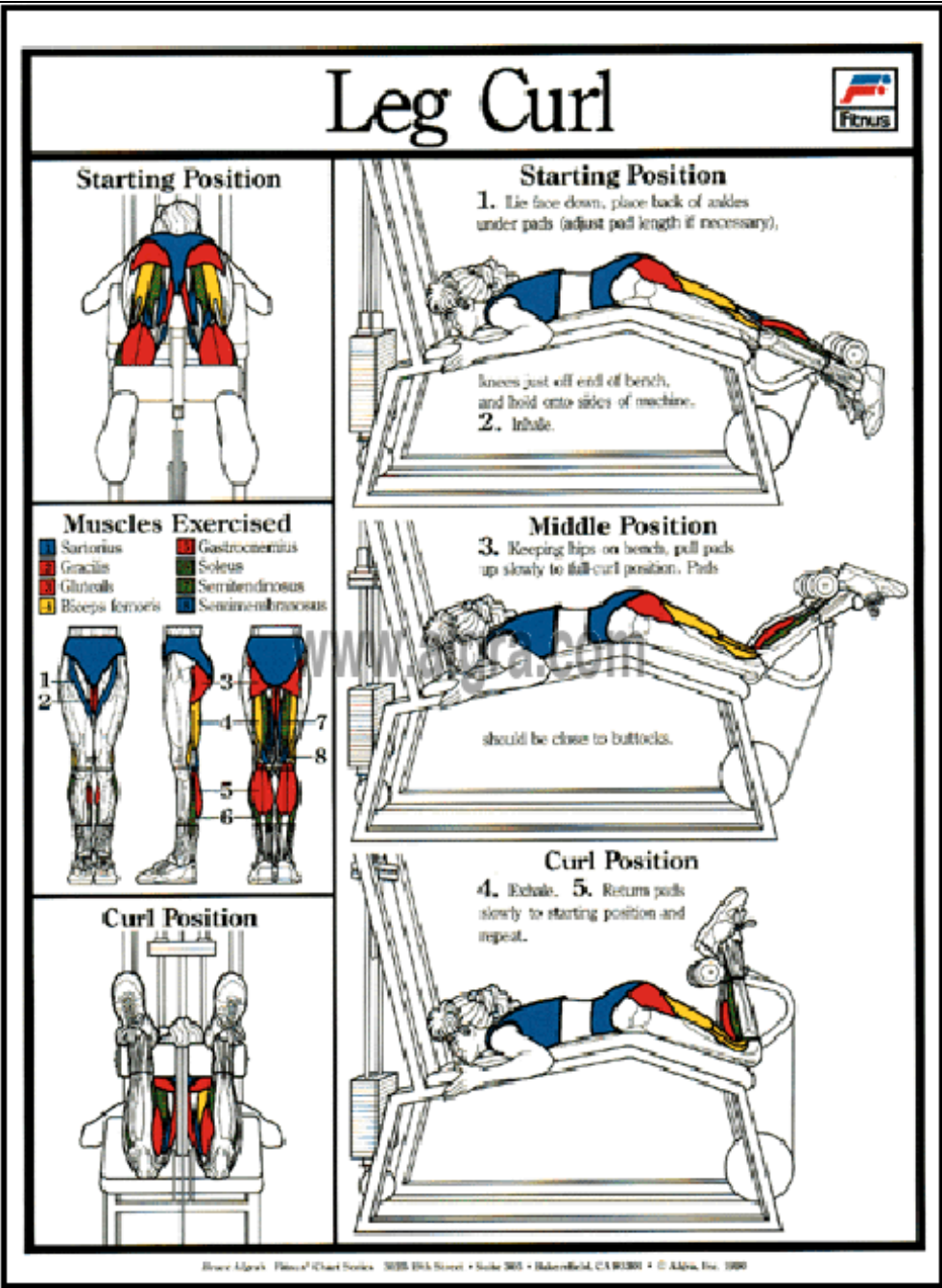


Leg Curl Chart– BA093

<p>Description</p>	<p>◆ The Leg Curl Poster displays the steps to perform a proper leg curl - designed to strengthen and tone your legs. The poster provides you with color-coded images to demonstrate the muscle groups being used during each exercise. The images provide step-by-step directions that show how to maximize your workout and use the machine correctly.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 11" x 16" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>The poster is titled "Leg Curl" and features the Fitness logo in the top right corner. It is divided into several sections:</p> <ul style="list-style-type: none"> Starting Position (Top Left): A diagram showing a person lying face down on the machine with their back to the bench and feet on the rollers. Muscles Exercised (Middle Left): A legend with color-coded boxes for Sartorius (blue), Gracilis (red), Gluteals (orange), Biceps femoris (yellow), Gastrocnemius (green), Soleus (dark green), Semitendinosus (light green), and Semimembranosus (dark blue). Below the legend are three diagrams of a leg from different angles, numbered 1 through 8, corresponding to the muscle locations. Starting Position (Top Right): A diagram of a person on the machine with instructions: "1. Lie face down, place back of ankles under pads (adjust pad length if necessary), knees just off end of bench, and hold onto sides of machine." and "2. Inhale." Middle Position (Middle Right): A diagram of the person in the middle of the curl with instructions: "3. Keeping hips on bench, pull pads up slowly to full-curl position. Pads should be close to buttocks." Curl Position (Bottom Right): A diagram of the person at the peak of the curl with instructions: "4. Exhale. 5. Return pads slowly to starting position and repeat." Curl Position (Bottom Left): A diagram showing the person's legs from a front view while on the machine. <p>At the bottom of the poster, it reads: "Howe Alpha Fitness® Chart Series 3035 15A Street • Suite 303 • Bakersfield, CA 93301 • © Alpha, Inc. 1999"</p>