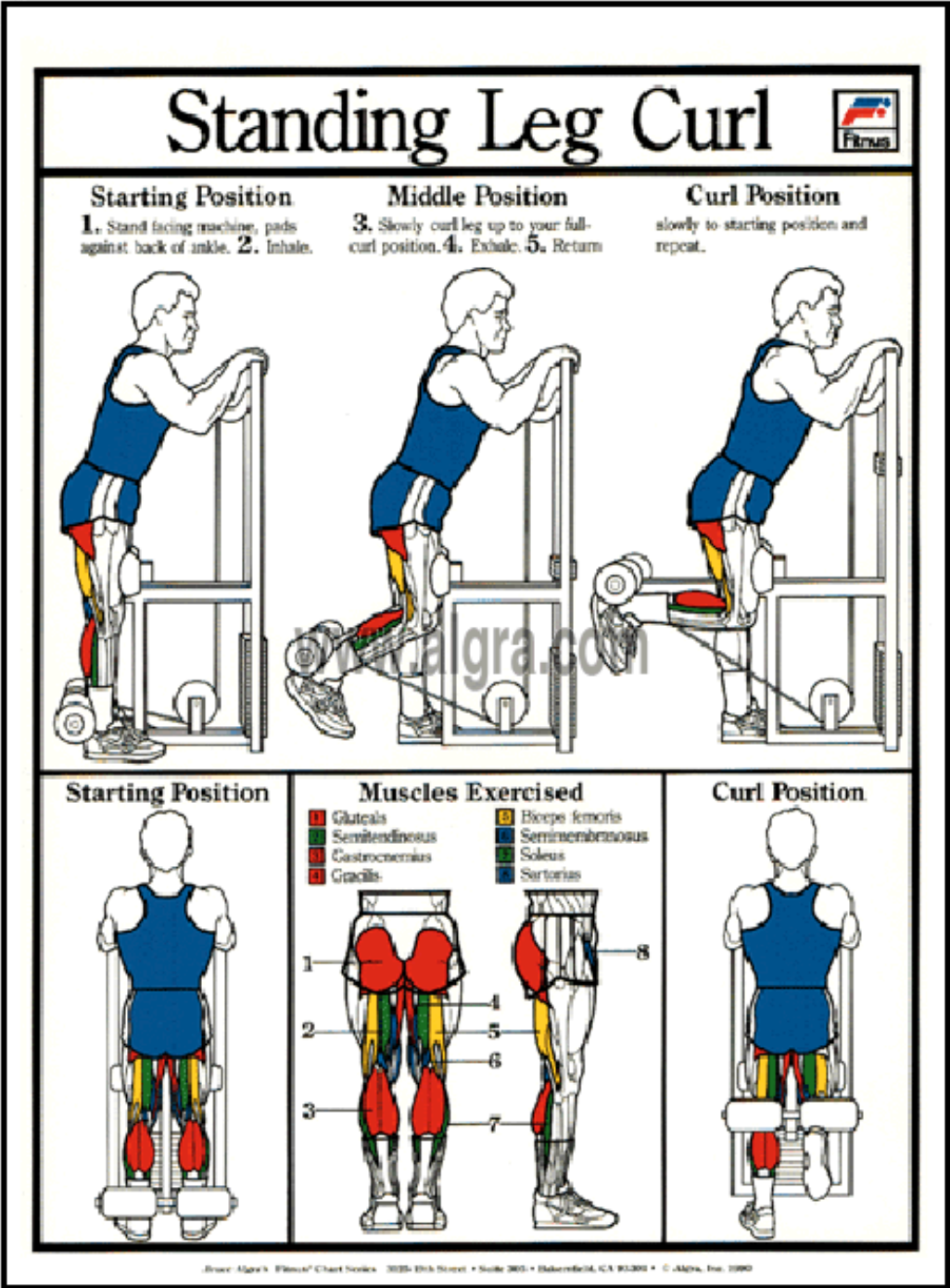


Standing Leg Curl Chart– BA094

<p>Description</p>	<p>◆ Bruce Algra's Standing Leg-Curl Poster is designed to demonstrate how to correctly use an exercise machine to enhance your leg muscles. As with any workout, form is vital and this poster provides you with the step-by-step directions you need to meet your fitness goals. The poster uses color-coded images to display which muscles are actively being engaged during the exercise.</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 image is a poster titled "Standing Leg Curl" with the Fitness logo in the top right corner. It is divided into two main sections. The top section shows three sequential illustrations of a person performing the exercise on a machine, labeled "Starting Position", "Middle Position", and "Curl Position". Below the "Starting Position" illustration are instructions: "1. Stand facing machine, pads against back of ankle. 2. Inhale." Below the "Middle Position" illustration are instructions: "3. Slowly curl leg up to your full-curl position. 4. Exhale. 5. Return slowly to starting position and repeat." The bottom section contains three diagrams: "Starting Position" (back view), "Muscles Exercised" (front and side views with numbered callouts 1-8), and "Curl Position" (back view). A legend for "Muscles Exercised" lists: 1. Gluteals, 2. Semitendinosus, 3. Gastrocnemius, 4. Gracilis, 5. Biceps femoris, 6. Semimembranosus, 7. Soleus, and 8. Sartorius. At the bottom of the poster, it reads: "Bruce Algra's Fitness® Chart Series • 3025-Dick Street • Suite 302 • Bakerfield, CA 93301 • © Algra, Inc. 1990"</p>