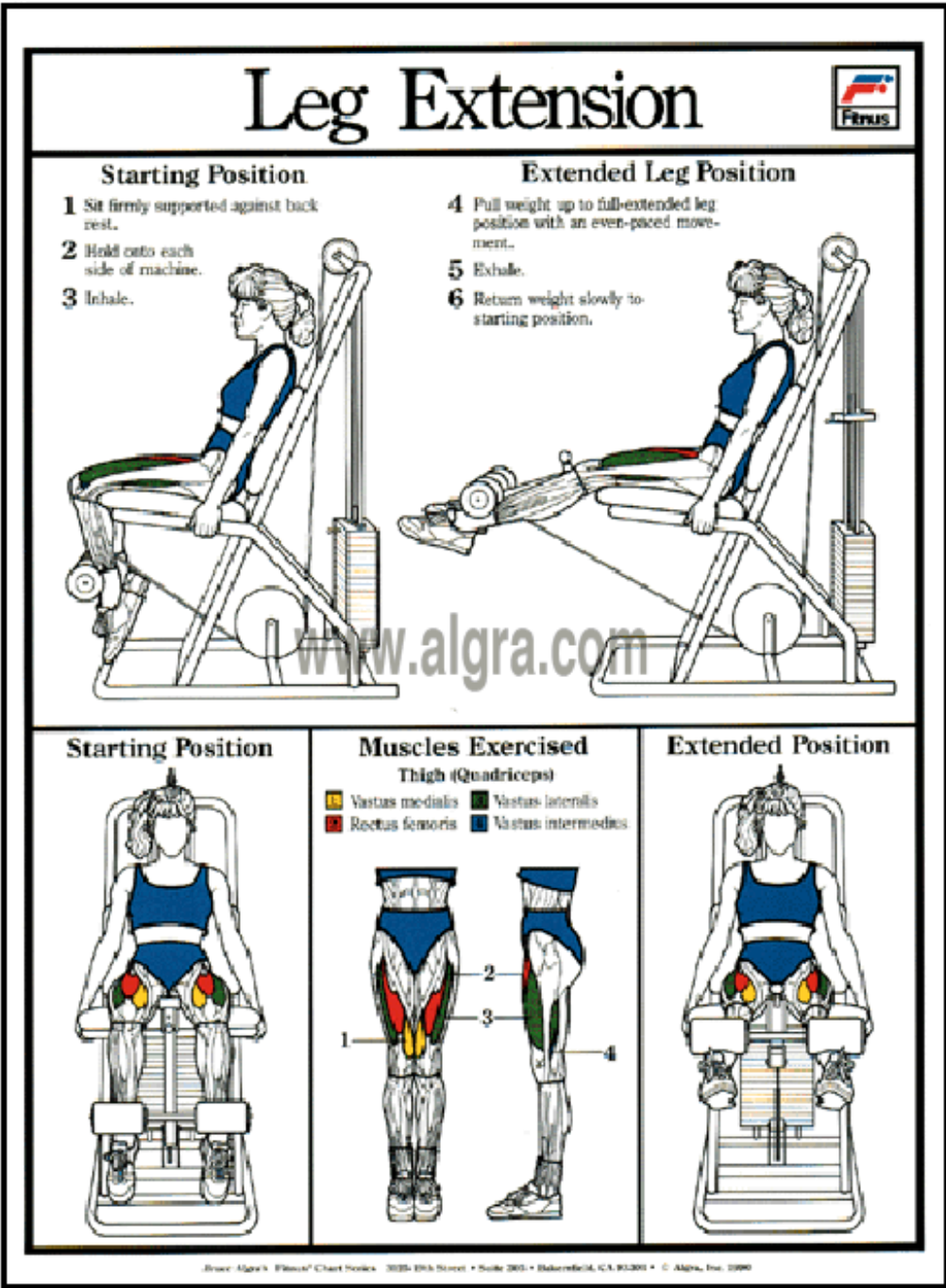


Leg Extension Chart– BA095

<p>Description</p>	<p>◆ The Leg Extension Poster includes the leg extension exercise designed to strengthen and elongate your leg muscles. This poster provides an illustration of color-coded images that are used to demonstrate the muscle groups being engaged during the exercise. The images give step-by-step directions that show how to maximize your workout and use the leg extension machine safely.</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 "Leg Extension" with the "Fitness" logo in the top right corner. It is divided into several sections:</p> <ul style="list-style-type: none"> Starting Position: Includes three numbered steps: 1. Sit firmly supported against back rest. 2. Hold onto each side of machine. 3. Inhale. An illustration shows a person sitting on the machine with legs bent. Extended Leg Position: Includes three numbered steps: 4. Pull weight up to full-extended leg position with an even-paced movement. 5. Exhale. 6. Return weight slowly to starting position. An illustration shows the person with legs fully extended. Muscles Exercised: A central diagram shows the thigh (quadriceps) muscles with four numbered callouts: 1. Vastus medialis (yellow), 2. Vastus lateralis (green), 3. Rectus femoris (red), and 4. Vastus intermedius (blue). Starting Position (Muscle Diagram): A front view of the person on the machine with the quadriceps muscles highlighted in color. Extended Position (Muscle Diagram): A front view of the person on the machine with legs extended, showing the quadriceps muscles highlighted in color. <p>At the bottom of the poster, there is a small copyright notice: "© Alpha, Inc. 1999".</p>