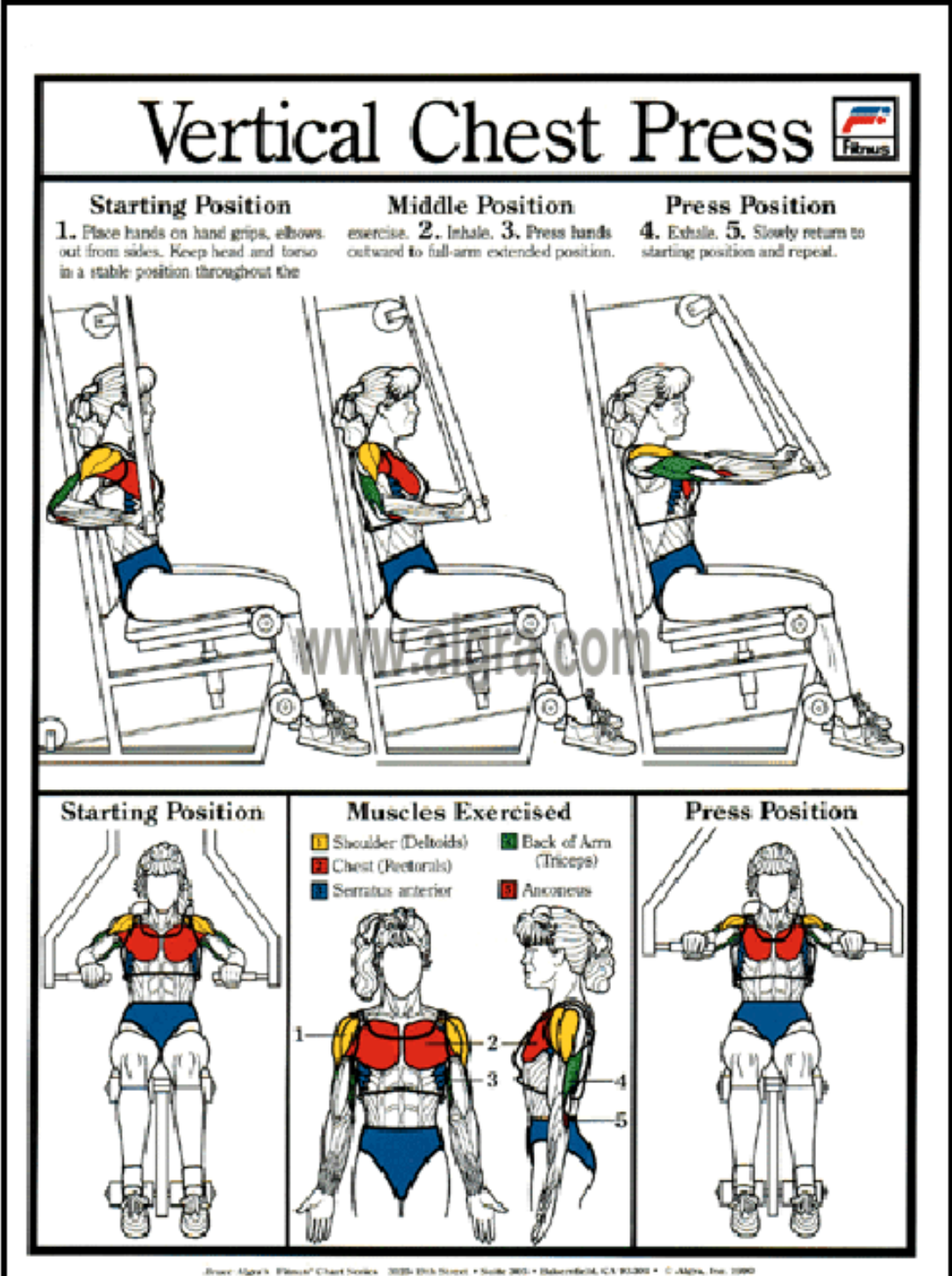


## Vertical Chest Press Chart– BA104

<p><b>Description</b></p>	<p>◆ This full colored Vertical Chest Press Poster illustrates which exercise to do to work specific muscle groups on the chest press. This Vertical Chest Press Poster works to promote safety while perfecting workout form.</p>
<p><b>Details</b></p>	<p>1. Dimension: 11" x 16" 2. Material: gloss paper laminated with clear polyester both sides</p>
<p><b>Image</b></p>	 <p>The image is a poster titled "Vertical Chest Press" with the Fitness logo. It is divided into three main sections:</p> <ul style="list-style-type: none"> <li><b>Starting Position:</b> Illustrates a person sitting on a machine with hands on grips, elbows out from sides. Text: "1. Place hands on hand grips, elbows out from sides. Keep head and torso in a stable position throughout the exercise."         </li> <li><b>Middle Position:</b> Illustrates the person pressing the handles forward. Text: "2. Inhale. 3. Press hands outward to full-arm extended position."         </li> <li><b>Press Position:</b> Illustrates the person with arms fully extended. Text: "4. Exhale. 5. Slowly return to starting position and repeat."         </li> </ul> <p>Below these illustrations is a section titled "Muscles Exercised" with a color-coded key:</p> <ul style="list-style-type: none"> <li>Yellow: Shoulder (Deltoids)</li> <li>Red: Chest (Pectoralis)</li> <li>Blue: Serratus anterior</li> <li>Green: Back of Arm (Triceps)</li> <li>Orange: Anconeus</li> </ul> <p>Two anatomical diagrams show the muscles on the front and side of the torso, with numbers 1 through 5 corresponding to the muscle key. A watermark "www.alpha.com" is visible across the middle of the poster.</p> <p><small>Source: Alpha's Fitness® Chart Series 3025-10th Street • Suite 302 • Berkeley, CA 94702 • © Alpha, Inc. 1990</small></p>