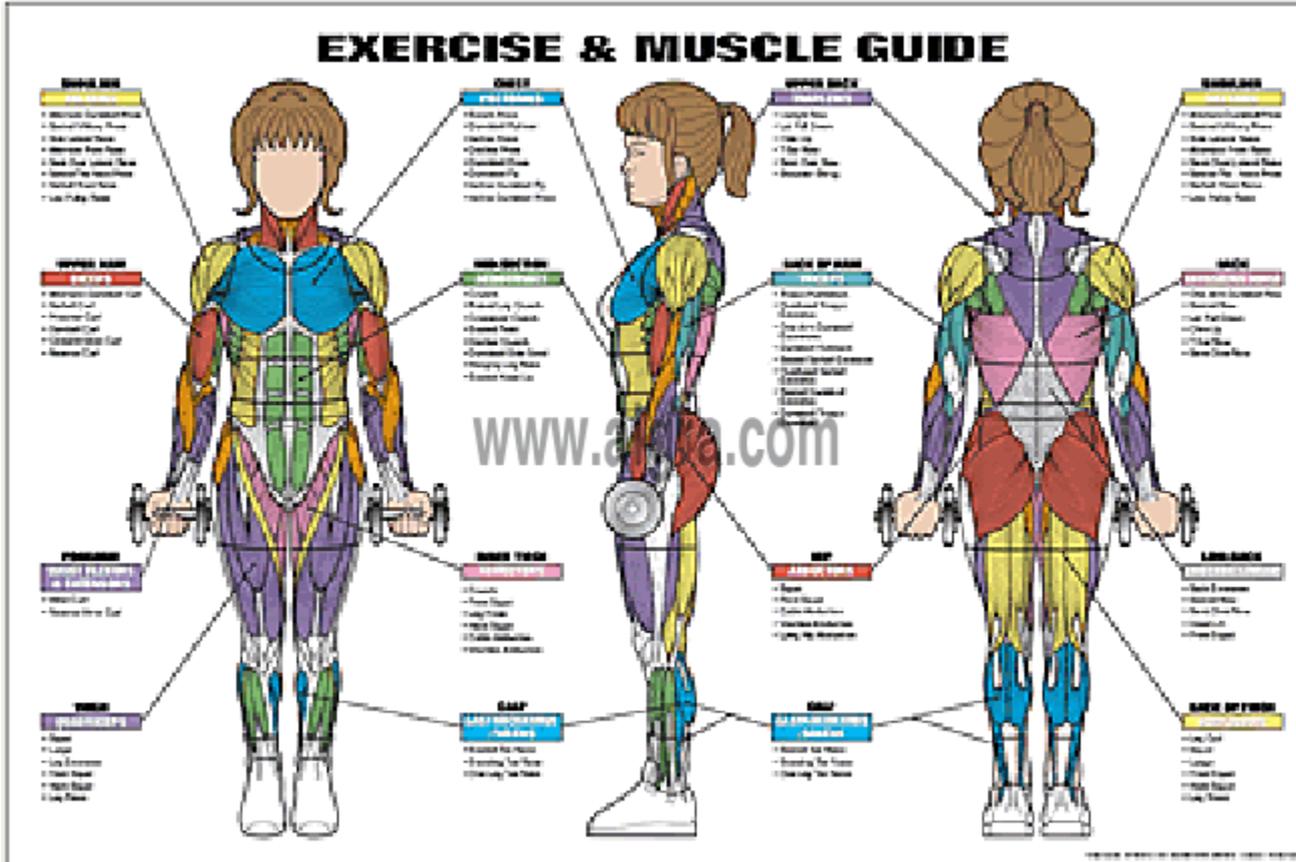


## Female Muscle Guide Chart– BA106

<p><b>Description</b></p>	<p>◆ This Female Exercise and Muscle Guide Poster caters specifically to the female form, and is intended for the use of women. Among many of Bruce Algra’s fitness posters, this poster will enhance any home gym or fitness facility. This is one workout chart that has attained global use, as the chart illustrates the specific exercises necessary to shape, strengthen, and tone the isolated muscle groups. This chart displays the front and back muscular views, differentiating each muscle group with an array of colors.</p>
<p><b>Details</b></p>	<ol style="list-style-type: none"> <li>1. Dimension: 24” x 36”</li> <li>2. Material: gloss paper laminated with clear polyester both sides</li> </ol>
<p><b>Image</b></p>	 <p>The image is a detailed muscle guide poster titled "EXERCISE &amp; MUSCLE GUIDE". It features three anatomical views of a female figure: a front view, a side profile view, and a back view. Each view is color-coded to represent different muscle groups. Lines connect these color-coded areas to boxes containing lists of exercises that target those specific muscles. The exercises listed include various strength training movements such as bicep curls, tricep dips, squats, lunges, and deadlifts. The poster is designed to be a practical reference for women's fitness routines.</p>