

Chest and Shoulder Muscles Chart– CT029

<p>Description</p>	<p>◆ This chart shows a range of different exercises that work and strengthen the Chest and Shoulder Muscles. Simple explanations and sharp images describe how to exercise these muscles properly. General safety instructions as well as breathing advice is given on the chart together with anatomical illustrations of the major muscles working. It is an ideal chart to have in your gym in the free weights area.</p>
<p>Details</p>	<p>1. Dimension: A2 Size</p>
<p>Image</p>	