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Legs, Trunks Shoulder and Arm Muscles Chart– CT032

Description	◆ This chart provides sound, accurate advice about training with free weights to develop strength in Legs, Trunk, Shoulder and Arm muscle groups. (Approved by the British Weight Lifters Association) it is in full colour and encapsulated in plastic film. The muscles working in the exercises are beautifully illustrated and safety advice together with breathing instruction is given on the chart. Most of the exercises shown involve the use of Dumb-bells or Barbells some of which are more geared towards people who are ''weight lifters'' working with heavy weights to improve specific strength for certain sports, athletic events or body building.
Details	1. Dimension: A2 Size
Image	