

Triceps and Forearm Muscles Chart– CT034

<p>Description</p>	<p>◆ This laminated Chart illustrates a series of exercises for the Triceps and forearm muscles. General safety and breathing instructions are given on the chart together with anatomical drawings showing the major muscles that are working during the exercises.</p>
<p>Details</p>	<p>1. Dimension: A2 Size</p>
<p>Image</p>	