


Abdominal Curl Machine Mounted Chart– CT039

Description	<p>◆ The Abdominal Curl chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Three positions are shown from the start position through to the finish position. Each position has important instructional information to help the user focus on working the abdominals properly and exercising safely. This helps to reinforce coaching by the Gym Instructor. Ideal for fixing onto your training machine at home or in the gym.</p>
Details	<p>1. Dimension: A5 Size</p>
Image	 <p>ABDOMINAL CURL</p> <p>STRENGTHENS CENTRAL ABDOMINAL MUSCLE AND HIP FLEXORS</p> <p>START POSITION</p> <ol style="list-style-type: none"> 1. Sitting with back straight, place feet flat on the ground, securely under the pads and directly below the knees. Fasten safety strap around top of thighs. 2. Adjust top pads to a comfortable position above or level with chest. Grasp hold of the pads and keep the head up with neck straight. <p>POSITION ONE</p> <ol style="list-style-type: none"> 1. If you have back problems consult your instructor before doing this exercise. 2. Warm up and start with a light weight. 3. As you push forward and down breathe out to the count of 2. As you return to start position breathe in to the count of 2. Maintain this controlled rhythm. <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. Pressing against top pad push forward and down bending at the hips keeping the back straight. 2. Maintain buttocks in firm contact with seat throughout the exercise. <p>POSITION THREE</p> <ol style="list-style-type: none"> 1. Continue to push down until forearms are about 2" above thighs as shown. 2. Return slowly to start position to the count of 2. <p>MUSCLE GROUPS:</p> <ul style="list-style-type: none"> CENTRAL ABDOMINAL MUSCLE and HIP FLEXORS TRAPEZIUS and MAJOR NECK EXTENSORS <p>THE RECTUS ABDOMINUS is the major muscle responsible for controlling this exercise.</p> <p>POSSIBLE MAJOR AND MINOR plus ILIACUS contract throughout the movement as trunk bends forward.</p> <p>The Upper Fibres of the TRAPEZIUS and LONG EXTENSORS of the neck work throughout the exercise to keep head up and neck straight.</p> <p>Stay Healthy...Keep Fit</p>