

High Pulley Triceps Extension Machine Mounted Chart– CT042

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the High Pulley - Triceps Extension exercise. The start and finish positions are supported with instructional information which helps to reinforce coaching by the Gym Instructor and is ideal for fixing on to your training machine. All three heads of the Triceps muscle work strongly to control this exercise.</p>
<p>Details</p>	<p>1. Dimension: A5 Size</p>
<p>Image</p>	