

## Seated Leg Press Machine Mounted Chart– CT048

<b>Description</b>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Seated Leg Press exercise. Instructional information is given on how to do the exercise properly and safely as well as how to warm-up before and breathe correctly during the exercise. This helps to reinforce coaching by the Gym Instructor. The A5 size chart is ideal for fixing onto your training machine.</p>
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<b>Details</b>	1. Dimension: A5 Size
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