

Preacher Biceps Curl Machine Mounted Chart– CT063

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Preacher Biceps Curl exercise. Three positions are shown from start to finish together with important instructional information to help ensure the exercise is done properly and safely. This helps to reinforce coaching by the Gym Instructor. The A5 size makes it ideal for fixing on to your training machine.</p>
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Details	1. Dimension: A5 Size
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