


## Seated Biceps Curl Machine Mounted Chart– CT065

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Seated Biceps Curl exercise. Instructional information is given with each exercise position reinforcing how to do the exercise properly and safely. Advice is also given on warming-up and how to breathe correctly during the exercise. This helps to reinforce coaching by the Gym Instructor. The A5 size is ideal for fixing onto your training machine.</p>
<p><b>Details</b></p>	<p>1. Dimension: A5 Size</p>
<p><b>Image</b></p>	 <p>The chart, titled "SEATED BICEPS CURL", provides a comprehensive guide to the exercise. It features three main sections: "START POSITION", "POSITION TWO", and "POSITION THREE". Each section includes numbered instructions and a corresponding illustration of a person performing the exercise on a machine. A central anatomical diagram highlights the muscles involved, with labels for the Biceps Brachii, Brachialis, Brachioradialis, and forearm muscles. A red-bordered box emphasizes that the Biceps Brachii, Brachialis, Brachioradialis, Wrist, and Finger Flexors are the major muscles responsible for controlling the exercise. The chart concludes with the slogan "Stay Healthy...Keep Fit" and the brand name "Chart".</p>