


Triceps Extension Machine Mounted Chart– CT070

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Triceps Extension exercise. Each stage of the exercise is supported with instructional information on how to do the exercise properly and safely. Added to this information advice about correct breathing, the chart helps to reinforce good coaching by the Gym Instructor. The A5 size makes it an ideal chart for fixing on to your training machine.</p>
<p>Details</p>	<p>1. Dimension: A5 Size</p>
<p>Image</p>	 <p>The chart is titled "TRICEPS EXTENSION" and "STRENGTHENS THE BACK OF THE UPPER ARM". It is divided into three main sections: "START POSITION", "POSITION TWO", and "POSITION THREE".</p> <ul style="list-style-type: none"> START POSITION: <ul style="list-style-type: none"> ● Grasp bar with overhand grip, hands and feet shoulder width apart. ● Bring bar to middle of chest, arms close to sides and elbows bent. ● Keep back straight and look forward. POSITION TWO: <ul style="list-style-type: none"> ● Warm up and start with a light weight. ● Breathe IN as you push down. Breathe OUT when returning to start position. ● Grasping bar firmly push downwards keeping wrist straight and elbows into your sides. ● Keep your back erect. POSITION THREE: <ul style="list-style-type: none"> ● Pushing downwards fully extend the arms, hands bringing bar in to touch front of thigh. ● Return slowly to start position to the count of 2/3, keeping back straight. <p>A central text box states: "The Triceps are the major muscles responsible for controlling this exercise." Below this, there are three anatomical diagrams:</p> <ul style="list-style-type: none"> MUSCLES in the BACK, SHOULDER and UPPER ARM: Labels include Pectoralis Major, Latissimus Dorsi, Trapezius, Deltoid, and Triceps Brachii. WRIST and FINGER FLEXORS: Labels include Flexor Carpi Radialis, Palmaris Longus, Flexor Carpi Ulnaris, Flexor Digitorum Profundus, Flexor Digitorum Superficialis, Flexor Pollicis Longus, and Flexor Pollicis Brevis. <p>At the bottom, it says "Stay Healthy... Keep Fit" and includes a copyright notice for "Chorak".</p>