

## Major Anterior Muscles Chart– CT073

Description	<p>◆ This unique muscle chart is one of a set of 4 charts and is perfect for schools, universities, physiotherapy departments, doctors' offices, health clubs and fitness facilities. Beautifully illustrated with great precision it features the major muscles, clearly identified and named, on the front of the body. Simple explanations defining muscle action are given as well as information about its link to sporting activity and exercises to do to strengthen the muscle. "ADL" information (Activities for Daily Living) is also given on the chart to each muscle helping people to better understand muscle function especially if they are a patient or someone studying anatomy. The Chartex anatomy charts not only provide information about how a muscle works it also highlights the fact that muscles work in synchronized patterns. The chart identifies the deep muscles in dark red and the superficial muscles in a bright red making it colourful and easy to use as well as a lasting reference source.</p>
Details	1. Dimension: A1 Size
Image	