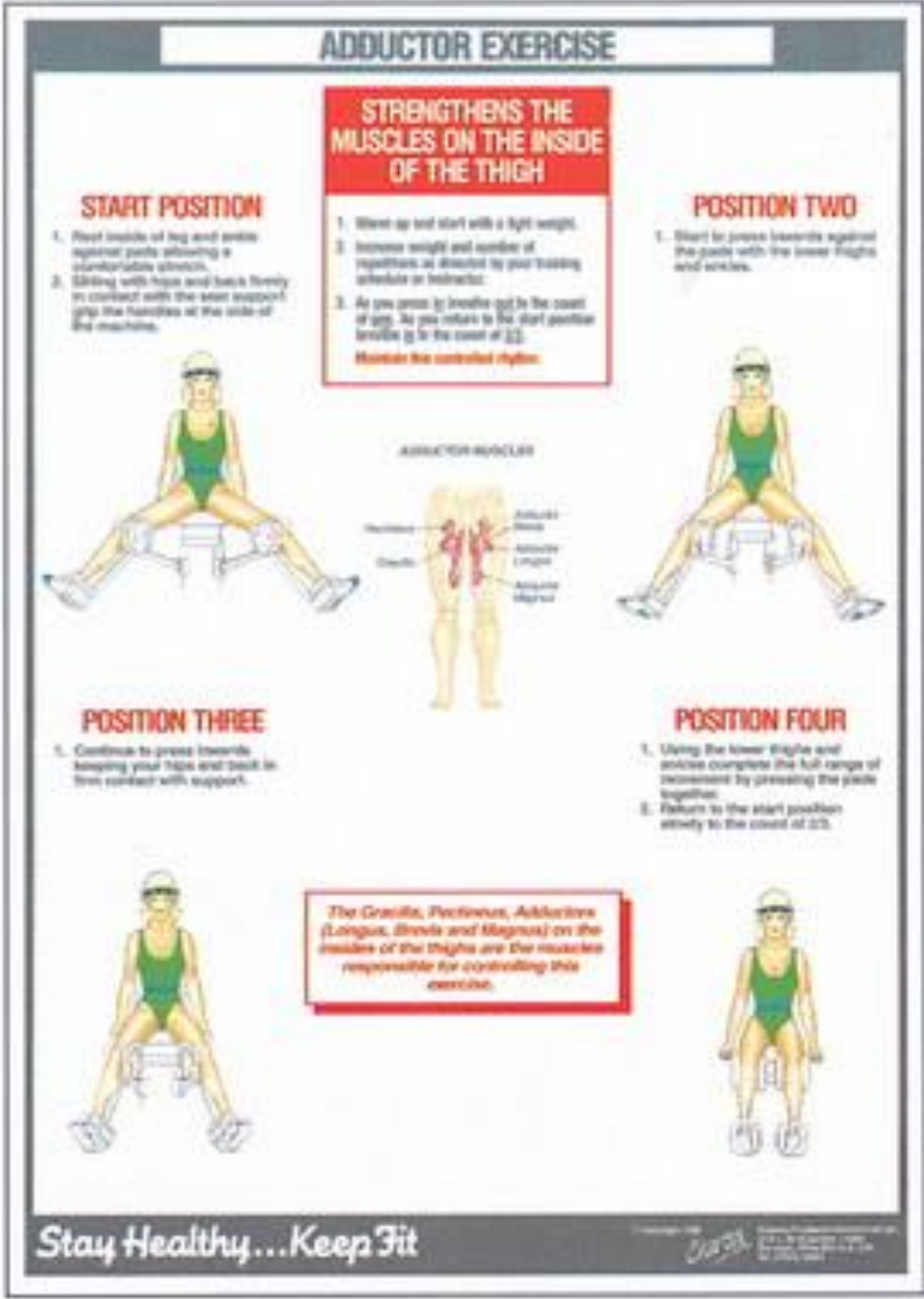


Adductor Exercise Wall Mounted Chart– CT104

<p>Description</p>	<p>◆ The Adductor chart shows how to do the exercise as well as illustrating the major muscle groups that work during the exercise. Four positions are shown from start position to finish position and each has important instructional information to ensure the user is working the adductor muscles properly and exercising safely. Helps to reinforce coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine at home or in the gym.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is titled "ADDUCTOR EXERCISE" and "STRENGTHENS THE MUSCLES ON THE INSIDE OF THE THIGH". It features four illustrations of a person performing the exercise on a machine, labeled "START POSITION", "POSITION TWO", "POSITION THREE", and "POSITION FOUR". Each position includes numbered instructions. A central diagram shows the "ADDUCTOR MUSCLES" with labels for Adductor Brevis, Adductor Longus, Adductor Magnus, and Adductor Minimus. A red box at the bottom states: "The Gracilis, Pectineus, Adductors (Longus, Brevis and Magnus) on the insides of the thighs are the muscles responsible for controlling this exercise." The chart ends with the slogan "Stay Healthy... Keep Fit" and the FitnessExpert logo.</p>