


Seated Leg Press Wall Mounted Chart– CT110

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Seated Leg Press exercise. Instructional information is given at each exercise position together with an analysis of how the muscles work at each stage of the exercise. Advice is also given about warming-up before and how to breathe correctly during the exercise. This helps to reinforce coaching by the Gym Instructor. The Chart is ideal for fixing on the wall next to your weight training machine.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is titled "SEATED LEG PRESS" and "STRENGTHENS THE LEG MUSCLES". It is divided into four quadrants, each showing a different position of the exercise with an illustration of a person and a corresponding anatomical diagram of the leg muscles.</p> <ul style="list-style-type: none"> START POSITION: Shows a person sitting on a machine with feet on the pedals. The diagram highlights the quadriceps muscles: Vastus Lateralis, Vastus Medialis, Vastus Intermedius, and Rectus Femoris. Text below: "Muscles of the lower leg and calf help to stabilize foot and ankle on the pedal." POSITION TWO: Shows the person pushing the foot forward. The diagram highlights the quadriceps and gluteal muscles. Text below: "Quadriceps and Gluteal muscles contract to initiate the movement." POSITION THREE: Shows the person extending the leg further. The diagram highlights the quadriceps and gluteals. Text below: "Quadriceps, Gluteals and muscles of the lower leg continue to contract eccentrically." POSITION FOUR: Shows the person returning to the start position. The diagram highlights the quadriceps. Text below: "Quadriceps contract statically to hold the position. When returning to the start position the muscles contract eccentrically to control the movement." <p>Additional text on the chart includes: "WARM UP and start with a light weight.", "Increase the weight and number of repetitions as directed by your training instructor or instructor.", "As you push forward breathe out to the count of 300. As you return to the start position breathe in to the count of 22. Maintain the contracted rhythm.", "Quadriceps and Gluteals are the major muscles responsible for controlling the body's action during this exercise.", "MUSCLES IN THE BACK OF THE LEG", and "Stay Healthy... Keep Fit".</p>