

Hamstring Curl Wall Mounted Chart– CT118

<p>Description</p>	<p>◆ This chart shows how to do the exercise on a "V" bench in the prone position, as well as illustrating the major muscle groups that work during the Hamstring Curl exercise. Important instructional information is given about how to do the exercise properly and safely as well as advice on warming-up with a light weight before working with your training weight. Correct breathing during the exercise is also important to help maintain a good rhythm and prevent injury. At the beginning of the exercise the Popliteus muscle unlocks the knee before the Hamstrings contract strongly to flex the knee whilst the Glutei contract to maintain the hips in extension and in firm contact with the bench. The information on the chart helps to reinforce coaching by the Gym Instructor and makes the chart ideal for fixing on the wall next to your weight training machine to give a professional image to the gym.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	