

Triceps Extension Wall Mounted Chart– CT129

<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 exercise position is supported with instructional information on how to do the exercise properly and safely. Analysis of muscle action is given as well as advice on correct breathing which helps to reinforce good coaching by the Gym Instructor. This chart is ideal for fixing on the wall next to your weight training machine.</p>
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<p>Details</p>	<p>1. Dimension: A3 Size</p>
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