

Vertical Rowing Wall Mounted Chart– CT131

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Vertical Rowing exercise. Each exercise position has instructional information to ensure that the exercise is done properly and safely. Advice is also given on how to breathe correctly during the exercise as well as an analysis of muscle action as you perform the rowing movement. This helps to reinforce good coaching by the Gym Instructor. The chart is ideal for fixing on the wall next to your weight training machine.</p>
Details	<p>1. Dimension: A3 Size</p>
Image	<p>VERTICAL ROWING</p> <p>START POSITION</p> <ol style="list-style-type: none"> 1. Place feet shoulder width apart, extend the arms grasping the bar with an overhand grip 4" apart. 2. Keep the back straight, elbows close to the sides, eyes looking forward. <p>The bar is held by steady contraction of Deltoid Flexors, Finger Flexors and wrist Extensors. The lower fibres of Trapezius brace the shoulder back to maintain the body erect.</p> <p>STRENGTHENS SHOULDER, UPPER BACK AND ARM MUSCLES</p> <ol style="list-style-type: none"> 1. Warm up and start with a light weight. 2. Increase weight and number of repetitions as directed by your training schedule or instructor. 3. As you pull the bar up to your chin breathe out to the count of 3. As you lower the bar to the start position breathe in to the count of 23. <p>Maintain this controlled rhythm.</p> <p>MUSCLES in the BACK OF SHOULDER</p> <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. Grasping firmly raise the bar towards the chest with elbows high. 2. Keep the back straight. <p>The Supraspinatus, Deltoid, Upper Fibres of Trapezius and Elbow Flexors work concentrically to begin lifting the bar.</p> <p>POSITION THREE</p> <ol style="list-style-type: none"> 1. Maintain a straight back, firm grip and continue to raise the bar towards the chin. <p>The Deltoid, Supraspinatus, Elbow Flexors, Biceps Brachii and Brachialis and Upper Fibres of Trapezius are responsible for performing this exercise.</p> <p>MUSCLES in the FRONT OF SHOULDER and UPPER ARM</p> <p>POSITION FOUR</p> <ol style="list-style-type: none"> 1. Raise the bar up to touch the chin with elbows high. 2. Return slowly to start position to the count of 23. <p>The major muscles continue contracting strongly. The Deltoid Extensors keep the body erect. The Finger Flexors work hard to grip the bar. The trapezius muscles work eccentrically returning the bar to the start position.</p> <p>Stay Healthy...Keep Fit</p>