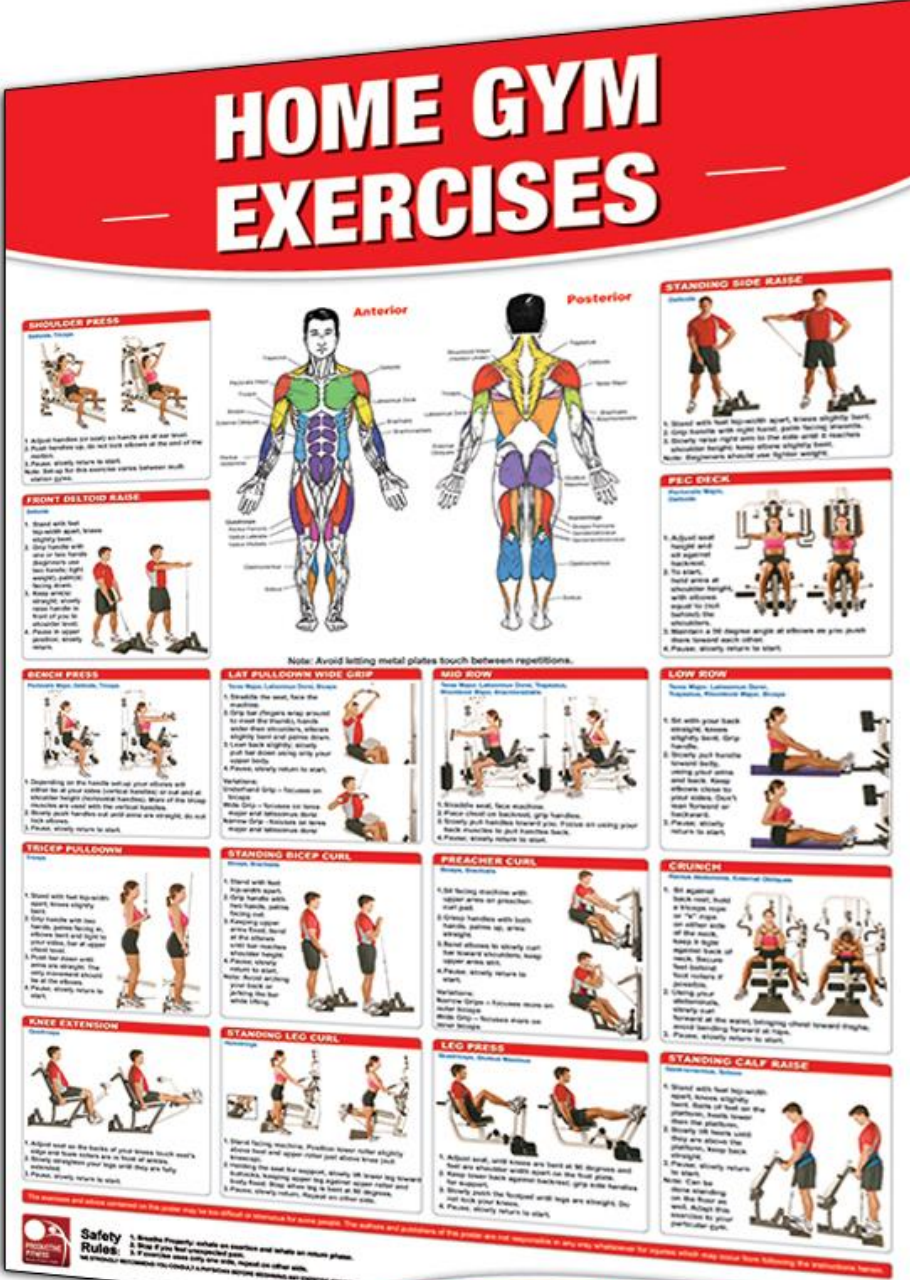


Home Gym Exercises Chart– PF002

<p>Description</p>	<p>◆ This poster features 20 of the most common home gym exercises for working the chest, shoulders, back, triceps, biceps, abdominals, legs and calves. All exercises are clearly explained with step-by-step instructions and descriptive photos. Laminated; 24" x 36". Please contact us if you would like paper version.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>The poster is titled "HOME GYM EXERCISES" and features 20 exercises with illustrations and instructions. The exercises are arranged in a grid format. At the top, there are anatomical diagrams of the human body, labeled "Anterior" and "Posterior", showing muscle groups. Below the diagrams, the exercises are listed with their names and brief instructions. The exercises include: Shoulder Press, Front Deltoid Raise, Bench Press, Lat Pulldown, Tricep Press, Standing Bicep Curl, Preacher Curl, Crunch, Knee Extension, Standing Leg Curl, Leg Press, and Standing Calf Raise. At the bottom of the poster, there is a "Safety Rules" section with three numbered rules. The poster is laminated and has a red border.</p> <p>Safety Rules</p> <ol style="list-style-type: none"> 1. Always properly inflate an exercise ball and use an inflation pump. 2. Use if you feel uncomfortable. 3. If you have any injury or are pregnant, consult your doctor before using any exercise equipment. <p>www.productivefitness.com © PRODUCTIVE FITNESS PRODUCTS INC. 2012 Made in Canada</p>