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Legs Exercise Chart– PT009

Description	◆ The Legs Exercise poster is a fantastic reference point for gym users of all abilities, providing an extensive range of Leg exercises, training tips and advice. ◆ The chart identifies the everyday benefits of training your legs and highlights how weight training can be used with great effect for different goals; from muscle-gain to fat-loss.
Details	1. Dimension: 840 x 594 mm (A1 Size) 2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides
Image	