

## FITNESS WALL CHARTS

Fitness Testing Norms Tables Physiological Assessment Poster

**3474 £4.25**

A range of educational wall charts covering a variety of Health and Fitness related subjects. Laminated, size 24" x 36".

### Exercise and Muscle Guide - Male

Describes how weight training and resistive exercises develop a particular area.

**6200 £12.55**

### Exercise and Muscle Guide - Female

Illustrates female musculature with appropriate aerobic, floor and weight training exercises.

**6201 £12.55**

**Chest Workout** Describes: Bench Press, Dumbbell Flies, Incline Press, Pull-Over, Bar Dips, Push-up.

**6202 £12.55**

### Biceps and Forearm Workout

Describes exercises for an Arm workout.

**6203 £12.55**

**Training Heart Rate Target** Comprehensive guide for safe and effective Heart-rate training zones.

**6204 £12.55**

**Weight Training - Stretches** Illustrates a complete weight training program of 12 popular stretching exercises.

**6205 £12.55**

**Heart Rate Target** Helps determine your safe and effective Target Heart-rate. (10 second count)

**6207 £12.55**

**Training Heart Rate Zones** Shows how to take your pulse rate and illustrates training heart-rate zones.

**6208 £12.55**

**Exercise Stretches** Illustrates stretching exercises

**6209 £12.55**

**Muscle and Skeletal System - Male** An informative reference for the male muscular and skeletal system.

**6211 £12.55**

**Muscle and Skeletal System - Female** An informative reference for the female muscular and skeletal system.

**6212 £12.55**

Muscular and skeletal system, 24" x 32", unlaminated

Female

**2125 £10.90**

## ANATOMICAL MODELS

Torso - 11 piece anatomically accurate model kit,

50cm high on ABS base

**2268 £36.30**

Heart - Full size model with durable ABS base, detachable cover piece and valves

**2370 £11.05**

