



**Dumbbell Workout Poster/Chart Set: Shoulder Training - Dumbbell Exercises Poster - Dumbbell Workout Chart - Dumbbell Workout Poster - Dumbbell Exercises ... Training - Fitness Wall Charts - Strength Tr**

*Mike Jespersen*

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This **Dumbbell Training Workout Set** of posters is a great addition to any home gym or fitness facility. Make your strength training routine simple. Just follow one of the 5 given routines for 4-6 weeks and then move on to the next. Cycle through them to keep your workouts fresh.

The set includes two laminated, 24 x 36 inch posters;

### **Dumbbell Exercises: Workout Chart 1**

- 16 different dumbbell exercises
- Anterior and Posterior Muscle diagrams that show most of the major muscles in your body.
- Quickly reference the muscles you are working for any given exercise.
- A full Anterior diagram gives a better visual reference when locating muscle groups.

### **Dumbbell Exercises: Workout Chart 2**

- 16 different dumbbell exercises
- Step-by-step instructions on how to stabilize your torso (critical for safe and effective exercise)
- Three 1 day full body exercise routines that are simple to follow.
- Two 2 day split routine programs that amp up your workouts by spending a little more time on specific areas.

These laminated, big, beautifully colored posters are organized to make working out quick and easy.

### **Please Read:**

The reason you will find our fitness posters in *Community Centers, Hospitals, Clinics, High Schools and Military installations* is we work to a higher standard. Quality is important.

- Our posters are designed and created by **fitness experts** with University degrees in **Exercise Physiology** and **Human Kinetics**.
- We put a lot of thought into providing safe, efficient exercises while also educating users on proper exercise technique and terminology.
- In order for the images to be precise, we only use personal trainers or aspiring exercise physiologists who have an understanding of proper body positioning (proprioception) to be fitness models. Experience has told us you cannot replicate proper form using non-fitness models.
- Posters are printed on 100lb. gloss paper and then laminated for durability.

**BTW:** At one point we considered using **DRAWINGS** instead of real life models as a cost saving measure, but found it was difficult to convey the nuances of safe, effective body movement and positioning.

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