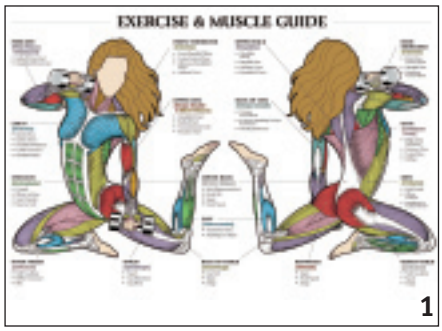

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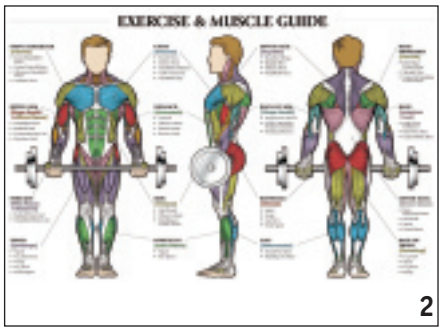

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Fitness charts - 24" x 36". Laminated

1. Exercise and muscle guide - Female
Laminated. *FC-01 £12.80*

2. Exercise and muscle guide - Male
Laminated. *FC-02 £12.80*

3. Muscular and Skeletal System - Female
Laminated. *FC-03a £12.80*

3b. Muscular and Skeletal System - Male
(not illustrated). Laminated *FC-03b £12.80*

4. Stretching Do's and Don'ts
Laminated. *FC-04 £12.80*

5. Exercise Do's and Don'ts
Laminated. *FC-05 £12.80*

6. Fitness Workout
Laminated. *FC-06 £12.80*

7. Abdominal Workout
Laminated. *FC-07 £12.80*

8. Leg Workout
Laminated. *FC-08 £12.80*

9. Chest Workout
Laminated. *FC-09 £12.80*

10. Arm Workout
Laminated. *FC-10 £12.80*

fitness - charts

Fitness charts - 24" x 36". Laminated

11. Aerobic Flexibility
Laminated. *FC-11 £12.80*

12. Weight Training Flexibility
Laminated. *FC-12 £12.80*

13. Treadmill Workout
Laminated. *FC-13 £12.80*

14. Total Body Workout (Crosstrainer)
Laminated. *FC-14 £12.80*

15. Stationary Cycling
Laminated. *FC-15 £12.80*

16. Heart Rate Target 10 secs.
Laminated. *FC-16 £12.80*

17. Perceived Exertion
Laminated. *FC-17 £12.80*

18. Training Heart Rate Zones
Laminated. *FC-18 £12.80*

19. Training Heart Rate
Laminated. *FC-19 £12.80*

20. Harmful Effects of Smoking
Laminated. *FC-20 £12.80*

21. Harmful Effects of Inhalants
Laminated. *FC-21 £12.80*

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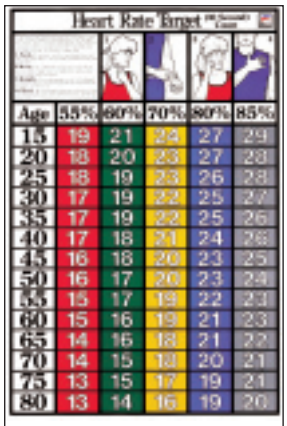

Age	55%	60%	70%	80%	85%
15	19	21	24	27	29
20	18	20	23	27	28
25	18	19	23	26	28
30	17	19	22	25	27
35	17	19	22	25	26
40	17	18	21	24	26
45	16	18	20	23	25
50	16	17	20	23	24
55	15	17	19	22	23
60	15	16	19	21	23
65	14	16	18	21	22
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75	13	15	17	19	21
80	13	14	16	19	20

16

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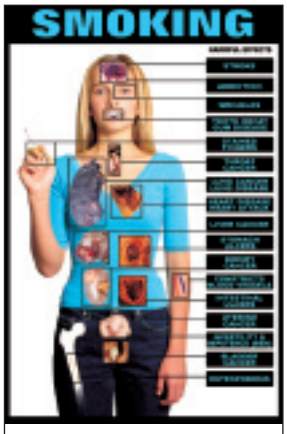

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