

## Gym Posters



Back Workout Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Back workout poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-back>



Chest Workout Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Chest workout poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-chest>



Core Workout Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Core workout poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-core>



Leg Workout Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Legs workout poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-legs>



Upper Body Stretching Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Upper Body Stretching poster has QR codes to demonstrations of how to perform each stretch with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-upper-body-stretching>



Lower Body Stretching Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Lower Body Stretching poster has QR codes to demonstrations of how to perform each stretch.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-lower-body-stretching>



Warming Up and Cooling Down Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This essential poster has QR codes to demonstrations of how to perform each exercise.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-warmup-cooldown>



Training Zones and Thresholds Poster. Brighten up your gym wall while giving your clients easy to understand information on the benefits of working at different intensities and helps users identify the best intensity to match their goals.

Price from £9.95

<http://www.gymratz.co.uk/gym-poster-training-zones-thresholds>



Understanding Nutrition Poster. Brighten up your gym wall while giving your clients easy to understand information breaking down the complexities of nutrition, giving users a clear breakdown of fats, carbohydrates and proteins and their role in a healthy, balanced diet.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-understanding-nutrition>



The Nutrition for Training poster explains the importance of nutrition in training and provides users with great tips and advice to help maximise their results.

Price from £9.95

<http://www.gymratz.co.uk/gym-poster-nutrition-for-training>



The Muscles Groups and Exercises poster vibrantly highlights key muscles in the body and lists exercises which can help strengthen these muscles.

Price from £14.95

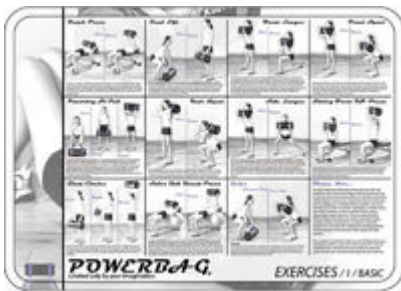
<http://www.gymratz.co.uk/gym-poster-muscle-groups-and-exercises>

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Arm Workout Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Arm workout poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-arms>



A typical question that we're asked when posting up an exercise poster of this type is "What exercises are demonstrated?". Well, here's a large image so you can see for yourself...

Price: £29.99

<http://www.gymratz.co.uk/powerbag-basic-exercises-poster>



Exercise Ball Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Exercise Ball poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-exercise-ball>



Foam Roller Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Foam Roller poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-foam-roller>



Kettlebell Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Kettlebell poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-kettlebells>



Ladder Drills Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Ladder Drill poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-ladder-drills>



Medicine Ball Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Medicine Ball poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-medicine-ball>





Resistance Band Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Resistance Band poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-resistance-bands>



Suspension Training Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Resistance Band poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-suspension-training>



A great value aluminium poster frame for use with our large range of Interactive Laminated Health & fitness Posters.

Price: £20.00

<http://www.gymratz.co.uk/aluminium-poster-prame>



Shoulder Workout Poster. Brighten up your gym wall while giving your clients easy to follow and very effective routines. This Shoulder workout poster has QR codes to demonstrations of how to perform each exercise with perfect form and timing. Great value and superb educational material for all.

Price from £14.95

<http://www.gymratz.co.uk/gym-poster-shoulders>

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