

CHARTEX CHARTS from WHOLE HEALTH PTY LTD					
CHART NAME	CHART CODE	PRICE	No Req'd	Cost \$'s	SIZE
MUSCLE CHART SERIES					
MAJOR ANTERIOR MUSCLES	<i>M 1</i>	\$45			A1 - 84cm x 58cm
MAJOR POSTERIOR MUSCLES	<i>M2</i>	\$45			A1 - 84cm x 58cm
MAJOR MUSCLE ATTACHMENTS - ANTERIOR VIEW	<i>M3</i>	\$45			A1 - 84cm x 58cm
MAJOR MUSCLE ATTACHMENTS - POSTERIOR VIEW	<i>M4</i>	\$45			A1 - 84cm x 58cm
NERVOUS SYSTEM SERIES					
MAJOR NERVES OF THE UPPER LIMB - ANTERIOR VIEW	<i>MN1</i>	\$38			A2 - 58cm x 42cm
MAJOR NERVES OF THE UPPER LIMB - POSTERIOR VIEW	<i>MN2</i>	\$38			A2 - 58cm x 42cm
MAJOR NERVES OF THE LOWER LIMB - ANTERIOR VIEW	<i>MN3</i>	\$38			A2 - 58cm x 42cm
MAJOR NERVES OF THE LOWER LIMB - POSTERIOR VIEW	<i>MN4</i>	\$38			A2 - 58cm x 42cm
ORIGIN OF CUTANEOUS NERVES - ANTERIOR VIEW	<i>CN1</i>	\$38			A2 - 58cm x 42cm
ORIGIN OF CUTANEOUS NERVES - POSTERIOR VIEW	<i>CN2</i>	\$38			A2 - 58cm x 42cm
JOINT ANATOMY SERIES					
ANATOMY OF THE ANKLE & FOOT	<i>J1</i>	\$38			A2 - 58cm x 42cm
ANATOMY OF THE KNEE	<i>J2</i>	\$38			A2 - 58cm x 42cm
ANATOMY OF THE HIP	<i>J3</i>	\$38			A2 - 58cm x 42cm
ANATOMY OF THE FOREARM, WRIST AND HAND	<i>J4</i>	\$38			A2 - 58cm x 42cm
ANATOMY & FUNCTION OF THE FOREARM, WRIST AND HAND	<i>J5</i>	\$38			A2 - 58cm x 42cm
ANATOMY OF THE ELBOW	<i>J6</i>	\$38			A2 - 58cm x 42cm
ANATOMY OF THE SHOULDERS	<i>J7</i>	\$38			A2 - 58cm x 42cm
ANATOMY OF THE SPINE - MAJOR MUSCLES & LIGAMENTS	<i>J8</i>	\$38			A2 - 58cm x 42cm
ANATOMY OF THE SPINE - MAJOR PERIPHERAL NERVES	<i>J9</i>	\$38			A2 - 58cm x 42cm
PHYSIO REHAB CARDS					
UPPER LIMB REHAB CARDS - BOXED	<i>ULRC</i>	\$120			A6 - 15cm x 10cm
LOWER LIMB REHAB CARDS - BOXED	<i>LLRC</i>	\$120			A6 - 15cm x 10cm
CARDIO - RESPIRATORY SERIES					
ANATOMY OF CIRCULATORY SYSTEM identifying MAJOR ARTERIES & VEINS	<i>CR1</i>	\$45			A1 - 84cm x 58cm
SECTIONAL ANATOMY & FUNCTION OF CIRCULATORY SYSTEM	<i>CR2</i>	\$45			A1 - 84cm x 58cm
FUNCTIONAL ANATOMY OF CIRCULATORY SYSTEM	<i>CR3</i>	\$45			A1 - 84cm x 58cm
MAJOR HEART DISEASE	<i>CR4</i>	\$45			A1 - 84cm x 58cm
EXERCISE AND PREVENTION OF CORONARY HEART DISEASE	<i>CR5</i>	\$45			A1 - 84cm x 58cm
STUDENT PORTFOLIOS with REVISION SHEETS					
MUSCLE & SKELETAL SYSTEM PORTFOLIO with REVISION SHEETS	<i>M&SP+R</i>	\$60			42cm x 30cm
JOINT ANATOMY SYSTEM PORTFOLIO with REVISION SHEETS	<i>JAP +R</i>	\$60			42cm x 30cm
HEART & CIRCULATORY SYSTEM PORTFOLIO with REVISION SHEETS	<i>H&CSP+R</i>	\$60			42cm x 30cm
NERVOUS SYSTEM PORTFOLIO with REVISION SHEETS	<i>NSP+R</i>	\$60			42cm x 30cm
SET OF ONE EACH OF THE 4 PORTFOLIOS with REVISION SHEETS	<i>SETof P+R</i>	\$180			
LAMINATED TEACHING PORTFOLIOS					
MUSCLE & SKELETAL CHARTS PORTFOLIO - LAMINATED	<i>M&SP - LAM</i>	\$90			43cm x 32cm
JOINT ANATOMY CHARTS PORTFOLIO - LAMINATED	<i>JAP - LAM</i>	\$125			43cm x 32cm
SET OF ONE EACH OF THE 2 LAMINATED PORTFOLIOS	<i>SET of PLAM</i>	\$180			
STRETCHING SERIES					
STRETCHING EXERCISES FOR THE UPPER LIMBS	<i>SUL</i>	\$45			A1 - 84cm x 58cm
STRETCHING EXERCISES FOR THE TRUNK & BACK	<i>STB</i>	\$45			A1 - 84cm x 58cm
STRETCHING EXERCISES FOR THE LOWER LIMBS	<i>SLL</i>	\$45			A1 - 84cm x 58cm
FITBALL SERIES					
INFLATABLE BALL EXERCISES - LEVEL 1	<i>IBLEVEL1</i>	\$42			B2 - 68cm x 48cm
INFLATABLE BALL EXERCISES - LEVEL 1	<i>IBLEVEL2</i>	\$42			B2 - 68cm x 48cm
INFLATABLE BALL EXERCISES - LEVEL 3	<i>IBLEVEL3</i>	\$42			B2 - 68cm x 48cm
STRETCHING EXERCISES WITH THE BALL	<i>IBSTRETCH</i>	\$42			B2 - 68cm x 48cm
FITNESS & STRENGTH SERIES					
WARM-UP & COOL DOWN EXERCISE PROGRAMME	<i>WU/CD</i>	\$45			A1 - 84cm x 58cm
GUIDELINES FOR MONITORING HEART RATE & EXERCISE	<i>HR</i>	\$45			A1 - 84cm x 58cm
TRAINING FOR YOUR SPORT	<i>T4S</i>	\$45			A1 - 84cm x 58cm
STRENGTH & POWER TRAINING	<i>S&PT</i>	\$45			A1 - 84cm x 58cm

NUTRITION FOR SPORTS PERFORMANCE	<i>N4SP</i>	\$45		A1 - 84cm x 58cm
HEALTH & FITNESS ASSESSMENT SERIES				
HEALTH & FITNESS ASSESSMENT PROTOCOLS - 8 CHART SET	<i>H&FAP</i>	\$150		A3 - 42cm x28cm
HEALTH & FITNESS ASSESSMENT PROTOCOLS - INDIVIDUAL CHARTS	<i>H&FAPINDI</i>	\$27		A3 - 42cm x28cm
NATAL EXERCISE SERIES				
ANTENATAL EXERCISE & ADVICE	<i>AN</i>	\$38		A2 - 58cm x 42cm
POST NATAL EXERCISE & ADVICE	<i>PN</i>	\$38		A2 - 58cm x 42cm
HEALTH SERIES				
DRUGS CAN KILL	<i>HS1</i>	\$38		A2 - 58cm x 42cm
ADVERSE ASPECTS OF TOBACCO SMOKING	<i>HS2</i>	\$38		A2 - 58cm x 42cm
ALCOHOL ABUSE CAN KILL	<i>HS3</i>	\$38		A2 - 58cm x 42cm
HEALTHY EATING & REGULAR EXERCISE	<i>HS4</i>	\$38		A2 - 58cm x 42cm
SEXUAL HEALTH	<i>HS5</i>	\$38		A2 - 58cm x 42cm
DRUGS IN SPORT SERIES				
COMPETING TO WIN WITHOUT DRUGS	<i>AD1</i>	\$42		B2 - 68cm x 48cm
HEALTH RISKS FROM TAKING DRUGS	<i>AD2</i>	\$42		B2 - 68cm x 48cm
THE MORAL DIMENSION	<i>AD3</i>	\$42		B2 - 68cm x 48cm
DUMBBELL & BARBELL EXERCISE SERIES				
DUMBBELL & BARBELL EXERCISES - ELBOW FLEXORS & FOREARM MUSCLES	<i>D1</i>	\$38		A2 - 58cm x 42cm
DUMBBELL & BARBELL EXERCISES - TRICEPS & FOREARM MUSCLES	<i>D2</i>	\$38		A2 - 58cm x 42cm
DUMBBELL & BARBELL EXERCISES - CHEST & SHOULDER MUSCLES	<i>D3</i>	\$38		A2 - 58cm x 42cm
DUMBBELL & BARBELL EX - SHOULDER, UPPER ARM & UPPER BACK MUSCLES	<i>D4</i>	\$38		A2 - 58cm x 42cm
DUMBBELL & BARBELL EXERCISES - LEG MUSCLES	<i>D5</i>	\$38		A2 - 58cm x 42cm
DUMBBELL & BARBELL EXERCISES - ABDOMINAL MUSCLES	<i>D6</i>	\$38		A2 - 58cm x 42cm
DUMBBELL & BARBELL EXERCISES - BACK MUSCLES	<i>D7</i>	\$38		A2 - 58cm x 42cm
DUMBBELL & BARBELL EXERCISES - LEGS, TRUNK, SHOULDER & ARM MUSCLES	<i>D8</i>	\$38		A2 - 58cm x 42cm
EXERCISE MACHINE SERIES				
LEG EXTENSION EXERCISE - WALL CHART	<i>1</i>	\$27		A3 - 42cm x28cm
LEG CURL EXERCISE - WALL CHART	<i>2</i>	\$27		A3 - 42cm x28cm
LAT PULLDOWN EXERCISE - WALL CHART	<i>3</i>	\$27		A3 - 42cm x28cm
PRONE BENCH PRESS EXERCISE ON MACHINE - WALL CHART	<i>4</i>	\$27		A3 - 42cm x28cm
SIT UPS - WALL CHART	<i>5</i>	\$27		A3 - 42cm x28cm
STANDING BICEP CURL EXERCISE - WALL CHART	<i>6</i>	\$27		A3 - 42cm x28cm
SEATED SHOULDER PRESS EXERCISE - WALL CHART	<i>7</i>	\$27		A3 - 42cm x28cm
PEC DEC MACHINE EXERCISE - WALL CHART	<i>8</i>	\$27		A3 - 42cm x28cm
UPRIGHT / VERTICAL ROW EXERCISE - WALL CHART	<i>9</i>	\$27		A3 - 42cm x28cm
SEATED LEG PRESS EXERCISE - WALL CHART	<i>10</i>	\$27		A3 - 42cm x28cm
CALF RAISE EXERCISE - WALL CHART	<i>11</i>	\$27		A3 - 42cm x28cm
SEATED BICEP CURL EXERCISE - WALL CHART	<i>12</i>	\$27		A3 - 42cm x28cm
CHINNING EXERCISE - WALL CHART	<i>13</i>	\$27		A3 - 42cm x28cm
DIPPING EXERCISE - WALL CHART	<i>14</i>	\$27		A3 - 42cm x28cm
SQUATS EXERCISE - WALL CHART	<i>15</i>	\$27		A3 - 42cm x28cm
SEATED ROWING EXERCISE -WALL CHART	<i>16</i>	\$27		A3 - 42cm x28cm
CRUNCH CURL / ABDOMINAL EXERCISE - WALL CHART	<i>17</i>	\$27		A3 - 42cm x28cm
BACK EXTENSION EXERCISE - (using ROMAN CHAIR) - WALL CHART	<i>18</i>	\$27		A3 - 42cm x28cm
HACK SQUAT EXERCISE - WALL CHART	<i>19</i>	\$27		A3 - 42cm x28cm
PREACHER BICEP CURL EXERCISE - WALL CHART	<i>20</i>	\$27		A3 - 42cm x28cm
ABDUCTOR EXERCISE - WALL CHART	<i>21</i>	\$27		A3 - 42cm x28cm
ADDUCTOR EXERCISE - WALL CHART	<i>22</i>	\$27		A3 - 42cm x28cm
HIP FLEXION / VERTICAL KNEE RAISE EXERCISE - WALL CHART	<i>23</i>	\$27		A3 - 42cm x28cm
TRICEP EXTENSION EXERCISE - WALL CHART	<i>24</i>	\$27		A3 - 42cm x28cm
HIGH PULLEY EXERCISES - WALL CHART	<i>25</i>	\$27		A3 - 42cm x28cm
VERTICAL (SEATED) BENCH PRESS - WALL CHART	<i>26</i>	\$27		A3 - 42cm x28cm
PULLOVER EXERCISE - WALL CHART	<i>27</i>	\$27		A3 - 42cm x28cm
LOW PULLEY EXERCISES - WALL CHART	<i>28</i>	\$27		A3 - 42cm x28cm
BACK EXTENSION MACHINE EXERCISE - WALL CHART	<i>29</i>	\$27		A3 - 42cm x28cm
ABDOMINAL CURL MACHINE EXERCISE - WALL CHART	<i>30</i>	\$27		A3 - 42cm x28cm
DELTOID RAISE MACHINE EXERCISE - WALL CHART	<i>31</i>	\$27		A3 - 42cm x28cm
STANDING LEG CURL EXERCISE - WALL CHART	<i>32</i>	\$27		A3 - 42cm x28cm
ALL OF THE ABOVE CHARTS ARE AVAILABLE AS AN A5 SIZE MACHINE CHART	<i>No's 1M to 32M</i>	\$18		A5 - 20cm x 13cm

