

EXERCISE CHART

[illegible]

RESEARCHERS HAVE DISCOVERED
that the use of a resistance band can
improve the strength and endurance
of the muscles of the lower back.
The study, conducted by researchers
at the University of Illinois at Chicago,
found that the use of a resistance band
can improve the strength and endurance
of the muscles of the lower back.
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at the University of Illinois at Chicago,
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WALKING, JOGGING
 Walking and jogging are low-impact exercises that can be done indoors or outdoors. They are great for improving cardiovascular health and burning calories. A 150-pound person can burn approximately 300 calories in 30 minutes of walking and 600 calories in 30 minutes of jogging.



HEART RATE MONITORING

Monitoring heart rate during exercise is a useful way to gauge intensity and ensure you are working at the right level for your goals. A heart rate monitor can be worn on the wrist or chest, and some bikes have built-in sensors. A target heart rate range is typically calculated based on age and fitness level.

WARM-UPS

Warming up before exercise is essential to prepare the body for physical activity. A warm-up routine should include light cardio and stretching to increase blood flow and flexibility. This helps reduce the risk of injury and improves performance.

COOL-DOWNS

Cooling down after exercise is just as important as warming up. It helps the heart and lungs return to their resting state and prevents blood from pooling in the limbs. A cool-down routine should include light cardio and stretching.

HYDRATION

Staying hydrated is crucial for maintaining energy and preventing fatigue during exercise. Drinking water before, during, and after workouts is essential. For longer or more intense sessions, electrolyte drinks may be beneficial.

REST AND RECOVERY

Rest and recovery are vital for muscle repair and growth. Taking regular breaks and allowing the body to rest between workouts is important. Active recovery, such as light walking or yoga, can also be helpful.

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Heart rate monitors are used to measure the heart rate during exercise. They are typically worn on the wrist or chest. The heart rate monitor is connected to a computer or a mobile device, which displays the heart rate on the screen. The heart rate monitor can also be used to track the number of calories burned during exercise.



PULL-UP
 1. Grasp the bar with an overhand grip, hands shoulder-width apart.
 2. Pull your body up until your chin is over the bar.
 3. Lower your body back down in a controlled manner.



IMPROVING YOUR HEALTH

- Improves circulation
- Improves blood pressure
- Improves heart rate
- Improves muscle tone
- Improves flexibility
- Improves balance
- Improves posture
- Improves coordination
- Improves reaction time
- Improves speed
- Improves endurance
- Improves strength
- Improves stamina
- Improves energy
- Improves mood
- Improves sleep
- Improves digestion
- Improves metabolism
- Improves immune system
- Improves skin health
- Improves hair health
- Improves overall health



QUESTION: WHAT IS THE CORRECT MOVEMENT?

1. The feet should be shoulder-width apart.

2. The bar should be in front of the feet.

3. The back should be rounded.

4. The knees should be bent.

5. The hips should be pushed back.

6. The bar should be pulled up to the knees.

7. The bar should be pulled up to the waist.

8. The bar should be pulled up to the chest.

9. The bar should be pulled up to the shoulders.

10. The bar should be pulled up to the head.



RESEARCHERS SAY THAT
 running is the best way to lose weight and improve cardiovascular health. A study published in the *Journal of Sports Medicine* found that runners who jog for 30 minutes a day, five times a week, can burn up to 3,500 calories per week. This is equivalent to the energy in a large pizza. The study also found that runners have a lower risk of heart disease and stroke than non-runners. So, if you're looking for a healthy and effective way to lose weight and improve your health, running is the way to go.



Leg Press
The leg press is a compound exercise that works the quadriceps, hamstrings, and glutes. It is performed by sitting on a machine with your feet flat on the platform and pushing the weight up with your legs.

THE SCIENCE OF STRENGTH TRAINING
 Dr. John P. Mittleman

1. The Science of Strength Training
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 3. The Science of Muscle Fiber Recruitment
 4. The Science of Muscle Fiber Type
 5. The Science of Muscle Fiber Size
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 17. The Science of Muscle Fiber Mechanical Remodeling
 18. The Science of Muscle Fiber Mechanical Remodeling
 19. The Science of Muscle Fiber Mechanical Remodeling
 20. The Science of Muscle Fiber Mechanical Remodeling



Leg Press
The leg press is a compound exercise that targets the quadriceps, hamstrings, and glutes. It is performed by lying on a leg press machine and pushing a weighted sled away from the body.



Heart Rate Monitor
A heart rate monitor is a device that measures your heart rate during exercise. It can be used to track your heart rate and ensure you are exercising at a safe and effective level. There are two main types of heart rate monitors: chest strap and wrist/watch. Chest strap monitors are more accurate but can be uncomfortable to wear. Wrist/watch monitors are more convenient but less accurate.



Sit-ups
 Sit-ups are a common core exercise. They involve lying on your back with your knees bent and feet flat on the floor, then lifting your upper body towards your knees.



1. The person is using a stationary bike on a treadmill.



Handstand

[illegible][illegible]

Sexual Abuse

Sexual abuse is a crime that involves the use of force or coercion to engage in sexual acts. It can be physical, emotional, or psychological. Sexual abuse can occur between strangers, acquaintances, or family members. It can have serious physical and emotional consequences for the victim.

Sexual Assault

Sexual assault is a crime that involves the use of force or coercion to engage in sexual acts. It can be physical, emotional, or psychological. Sexual assault can occur between strangers, acquaintances, or family members. It can have serious physical and emotional consequences for the victim.

Sexual Harassment

Sexual harassment is a crime that involves the use of force or coercion to engage in sexual acts. It can be physical, emotional, or psychological. Sexual harassment can occur between strangers, acquaintances, or family members. It can have serious physical and emotional consequences for the victim.

Sexual Exploitation

Sexual exploitation is a crime that involves the use of force or coercion to engage in sexual acts. It can be physical, emotional, or psychological. Sexual exploitation can occur between strangers, acquaintances, or family members. It can have serious physical and emotional consequences for the victim.



4

1. Stand with feet hip-width apart, toes slightly out.

2. Bend at hips and knees to lower the barbell to the floor.

3. Grip the barbell with hands just outside the knees.

4. Lift the barbell by extending the hips and knees, keeping the back straight.

5. Stand upright with the barbell resting on the floor.

6. Repeat for the desired number of repetitions.

ENDING CLASS

Thank you for attending this evening's program. We hope you enjoyed the evening and that you have learned something new. We will be happy to hear from you if you have any comments or suggestions. We will be happy to hear from you if you have any comments or suggestions. We will be happy to hear from you if you have any comments or suggestions.

ESSENTIAL SAFETY

When you use your car, you are responsible for your safety. Remember:
 • Always wear your seat belt. Buckle up!
 • Don't drink and drive. It's the law.
 • Don't use your cell phone while driving.
 • Don't speed. It's the law.
 • Don't use your car if you are too tired to drive.
 • Don't use your car if you are too drunk to drive.
 • Don't use your car if you are too high to drive.
 • Don't use your car if you are too angry to drive.
 • Don't use your car if you are too sad to drive.
 • Don't use your car if you are too nervous to drive.
 • Don't use your car if you are too scared to drive.
 • Don't use your car if you are too confused to drive.
 • Don't use your car if you are too stupid to drive.

Diagram illustrating the components of a Smith Machine:

- UPPER PULLEY
- LOWER PULLEY
- WEIGHT STACK
- GUIDE RAIL
- AND LOWER PULLEY
- AND LOWER PULLEY
- AND LOWER PULLEY

Home Gym Exercise Booklet Manual Chart

Jiyuan Zhang



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