

EXERCISE CHART

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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, chest, or clipped to a belt. It provides real-time feedback on your heart rate, allowing you to adjust your effort as needed.

How to Use a Heart Rate Monitor:

1. Set your target heart rate range based on your fitness level and goals.
2. Wear the heart rate monitor correctly as instructed.
3. Monitor your heart rate during exercise and adjust your effort to stay within your target range.
4. Use the heart rate monitor data to track progress and adjust your workout routine.

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SEATED CABLE ROW

1. Sit on the machine with your feet on the footplate and knees bent.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest, keeping your back straight and core engaged.
4. Squeeze your shoulder blades together at the end of the movement.
5. Lower the handle back down in a controlled manner.
6. Repeat for the desired number of repetitions.



Deadlift
The deadlift is a compound lift that works the back, legs, and core. It is performed by lifting a barbell from the floor to a standing position.



IMPROVING YOUR HEALTH

- Improves circulation
- Improves muscle tone
- Improves flexibility
- Improves balance
- Improves posture
- Improves coordination
- Improves reaction time
- Improves speed
- Improves endurance
- Improves strength
- Improves agility
- Improves focus
- Improves concentration
- Improves memory
- Improves learning
- Improves problem-solving
- Improves decision-making
- Improves communication
- Improves social skills
- Improves emotional stability
- Improves mental health
- Improves physical health
- Improves overall well-being



SEATED CABLE ROW

1. Sit on the machine with feet flat on the floor.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest, keeping your back straight.
4. Hold the contraction for a moment.
5. Release the handle back to the starting position.
6. Repeat for the desired number of repetitions.



STATIONARY BIKE
 The stationary bike is a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints. The bike is also a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints.

TREADMILL
 The treadmill is a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints. The treadmill is also a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints.

WATER ROWER
 The water rower is a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints. The water rower is also a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints.

WATER WALKER
 The water walker is a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints. The water walker is also a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints.

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THE ADVANTAGE OF THE GYM:
 • You can work out at any time of day.
 • You can work out with a personal trainer.
 • You can work out with a group.
 • You can work out on a variety of machines.
 • You can work out on a variety of equipment.
 • You can work out on a variety of surfaces.
 • You can work out on a variety of terrain.
 • You can work out on a variety of weather conditions.
 • You can work out on a variety of locations.
 • You can work out on a variety of people.
 • You can work out on a variety of things.
 • You can work out on a variety of places.
 • You can work out on a variety of times.
 • You can work out on a variety of days.
 • You can work out on a variety of weeks.
 • You can work out on a variety of months.
 • You can work out on a variety of years.



The sculpture is a large, dark, abstract piece. It features a vertical pole with a horizontal arm extending from it. A large, dark, curved shape, resembling a wing or a large letter 'C', is attached to the pole. The sculpture is positioned next to a woman wearing a black dress.



HEART RATE MONITORING
 A heart rate monitor (HRM) is a device that measures your heart rate during exercise. It can be used to track your progress and ensure you are exercising at the right intensity. HRMs are available in many forms, including chest straps, wristbands, and clip-on devices. They can be used with a variety of exercise equipment, including treadmills, stationary bikes, and rowing machines. HRMs can also be used to track your heart rate during other activities, such as swimming and hiking. HRMs are a valuable tool for anyone who is serious about fitness and wants to track their progress.



Handstand on Pommel Horse
 The pommel horse is a piece of equipment used in artistic gymnastics. It consists of a horizontal bar with two pommels (handles) and a leather-covered body. The gymnast performs a handstand on the pommels, with their legs raised and spread wide in the air.



Standing Cable Row

1. Stand with feet shoulder-width apart, holding the cable handle with both hands.
2. Pull the handle up towards your chest, keeping your back straight and core engaged.
3. Squeeze your shoulder blades together at the top of the movement.
4. Lower the handle back down to the starting position with control.



Backbend on beam

1. Start in a standing position with feet together and arms at the sides.

2. Bend the knees and lean back, keeping the feet flat on the floor.

3. Lift the arms and hands, reaching them up towards the feet.

4. Continue to lean back, keeping the feet flat on the floor, until the hands are touching the feet.

5. Hold the position for a few seconds, then slowly return to the starting position.

6. Repeat the sequence several times.

7. **Tip:** To make this move easier, place your hands on a low beam or a chair.

8. **Warning:** Do not overstretch. Stop if you feel pain.

9. **Benefit:** This move improves flexibility and strength in the back and legs.

10. **Modification:** For a more challenging variation, perform the backbend with one leg lifted and bent.



REAR Deltoid, Biceps, Latissimus Dorsi

1. Sit at the machine with your feet flat on the floor and your knees bent. Grasp the bar with an overhand grip, shoulder-width apart.

2. Pull the bar down towards your chest, keeping your elbows close to your body.

3. Lower the bar back up in a controlled manner.

REAR Deltoid, Biceps, Latissimus Dorsi

1. Sit at the machine with your feet flat on the floor and your knees bent. Grasp the bar with an overhand grip, shoulder-width apart.

2. Pull the bar down towards your chest, keeping your elbows close to your body.

3. Lower the bar back up in a controlled manner.



QUESTIONS

1. Which of the following is a benefit of using an elliptical machine?
2. Which of the following is a benefit of using a treadmill?
3. Which of the following is a benefit of using a stationary bike?
4. Which of the following is a benefit of using a rowing machine?
5. Which of the following is a benefit of using a TRX suspension trainer?
6. Which of the following is a benefit of using a kettlebell?
7. Which of the following is a benefit of using a resistance band?
8. Which of the following is a benefit of using a medicine ball?
9. Which of the following is a benefit of using a foam roller?
10. Which of the following is a benefit of using a massage gun?

ANSWERS

1. A. It provides a low-impact cardiovascular workout.
2. B. It allows for interval training and speed work.
3. C. It is easy on the joints and provides a good cardiovascular workout.
4. D. It provides a full-body workout and improves cardiovascular fitness.
5. E. It is a versatile tool for strength training and core work.
6. F. It is a great tool for building strength and improving cardiovascular fitness.
7. G. It is a portable and versatile tool for strength training.
8. H. It is a great tool for improving core strength and balance.
9. I. It is a great tool for muscle recovery and reducing soreness.
10. J. It is a great tool for deep tissue massage and muscle recovery.

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Illustration

Illustration is a visual representation of a concept or idea. It can be used to explain a process, show a relationship, or provide a visual aid for a presentation. Illustrations can be created using various tools and techniques, including drawing, painting, and digital software.

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STRETCHING: BACKS

• Improves circulation in the spine

• Relieves stress and muscle tension

• Improves posture and balance

• Relieves back pain and stiffness

• Improves flexibility and range of motion

• Relieves tension in the neck and shoulders

• Improves overall health and well-being

STRETCHING: BACKS



1. **Cardiovascular**
 2. **Musculoskeletal**
 3. **Neurological**
 4. **Endocrine**
 5. **Respiratory**
 6. **Digestive**
 7. **Genitourinary**
 8. **Integumentary**
 9. **Immune**
 10. **Reproductive**
 11. **Other**

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ESSENTIAL SAFETY

When you use your car, you are responsible for your safety. Remember:
 • Always wear your seat belt. It's the best way to protect yourself in a crash.
 • Don't drink and drive. It's illegal and dangerous.
 • Don't use your cell phone while driving. It's a distraction.
 • Don't speed. It's a leading cause of traffic accidents.
 • Don't tailgate. It's a leading cause of rear-end collisions.
 • Don't use your car for anything other than driving. It's not designed for that.
 • Don't let anyone else drive your car without your permission.
 • Don't use your car if you're not feeling well. It's not safe.

SMITH MACHINE

UPPER PULLEY

VERTICAL ARMS

WEIGHT STACK

BARBELL

Gym Manual Exercise

M Planty



Gym Manual Exercise:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Gym Manual Exercise**

In a global inundated with displays and the cacophony of immediate transmission, the profound power and emotional resonance of verbal art frequently disappear into obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, situated within the musical pages of **Gym Manual Exercise**, a fascinating work of literary splendor that impulses with raw emotions, lies an unforgettable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this interesting opus books viewers on an emotional odyssey, gently exposing the latent possible and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect their fascinating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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