

EXERCISE CHART

[illegible][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
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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 MONITORING
 Monitoring heart rate is a key component of any fitness program. A heart rate monitor can help you determine your target heart rate zone, which is the range of heart rates that will provide the most benefit for your workout. There are several ways to monitor heart rate, including using a heart rate monitor watch, a chest strap heart rate monitor, or a heart rate monitor app on your smartphone.

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[illegible]

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-UPS
 1. Grasp the bar with an overhand grip.
 2. Pull your body up until your chin is above the bar.
 3. Lower your body back down to the starting position.

[illegible]

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 one of the best ways to lose weight and improve cardiovascular health. A study published in the *Journal of Sports Medicine* found that people who ran for 30 minutes a day, five days a week, lost more weight and improved their heart health more than those who walked for the same amount of time.

HOW TO GET THE MOST OUT OF YOUR RUN
 To get the most out of your run, make sure you are wearing proper running shoes and that you are running on a soft surface, such as a track or a dirt path. Also, make sure you are drinking plenty of water before, during, and after your run.

THE BENEFITS OF RUNNING
 Running has many benefits, including improving cardiovascular health, burning calories, and reducing stress. It is also a great way to stay motivated and improve your overall fitness.

GETTING STARTED
 If you are new to running, start with a short run and gradually increase the distance over time. It is also important to listen to your body and take breaks when needed.

CONCLUSION
 Running is a great way to stay healthy and fit. Make sure you are wearing proper shoes, running on a soft surface, and drinking plenty of water. Start with a short run and gradually increase the distance over time.



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.

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Seated Cable Row
This exercise targets the back muscles, including the latissimus dorsi, trapezius, and rhomboids. It is performed by pulling a cable handle towards the chest while seated.

[illegible]

EXERCISE BIKE
 The recumbent exercise bike is a low-impact, low-risk cardiovascular workout. It is ideal for people with back pain, joint problems, or those who are new to exercise. The bike is designed to be used while lying down, which reduces the strain on the lower back and joints. It also features a heart rate monitor to track your pulse during the workout.



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 barbell is placed on the floor in front of the feet.
2. The lifter bends at the hips and knees to grasp the barbell.
3. The lifter lifts the barbell by extending the hips and knees.
4. The barbell is held at knee level.



Handstand is a popular exercise for improving balance and core strength. It involves standing on one's hands with the feet and legs raised in the air. This position challenges the body's equilibrium and requires significant core stability and leg strength. The inset image shows a person sitting on a mat, possibly demonstrating a related exercise or a rest position.

[illegible][illegible]

Sexual Abuse

Sexual abuse is any unwanted sexual contact or behavior that causes distress or harm to the victim. It can include:

- Sexual harassment
- Sexual assault
- Sexual coercion
- Sexual exploitation

Sexual abuse can occur in many settings, including at home, in the workplace, in public places, and in the military. It can be perpetrated by strangers, acquaintances, or family members.

Sexual abuse can have serious physical and emotional consequences for the victim, including:

- Physical injury
- Pain
- Stress
- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)
- Substance abuse
- Self-harm
- Suicidal thoughts

If you have been sexually abused, you should seek help from a healthcare provider, a counselor, or a law enforcement officer. There are many resources available to help you cope with the aftermath of sexual abuse.



1. Stand with feet hip-width apart, toes under knees. Grip the bar with hands just outside the knees. Keep your back flat and chest up.

2. Bend at the hips and knees to lower the bar. Keep your feet flat on the floor and your back straight.

3. Push through your heels to lift the bar. Squeeze your glutes and thighs as you stand up.

4. Hold the bar at waist level for a moment before lowering it back to the floor.

5. Repeat for the desired number of reps.

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.

[illegible]

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

Guide To Home Gym Workout

Peipei Pang



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