

EXERCISE CHART



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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, squeezing your shoulder blades together.
 4. Return the handle to the starting position and repeat.

[illegible]

Urdhva Dhanurasana
 Standing backbend
 This pose is a standing backbend that stretches the spine and opens the chest. It is performed by standing with feet hip-width apart, arms extended upwards, and lifting the hips to bring the knees towards the head. The hands are placed on the floor behind the feet, and the body is lifted into a bridge shape. This pose is beneficial for improving posture, increasing flexibility, and strengthening the back muscles.



Lat Pull-Down
 The lat pull-down is a great exercise for building the latissimus muscle. It is performed by pulling a bar down from an overhead position to the chest. This exercise is often used by bodybuilders to build a wide, powerful back.



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PULL-UPS *Strength*
Pull-ups are a great way to build upper body strength. They also help to improve posture and core stability. To perform a pull-up, grip the bar with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower yourself back down in a controlled manner.



1. **Cardiovascular Exercise:** Activities that increase heart rate and improve circulation, such as running, swimming, and cycling.

2. **Strength Training:** Exercises that build muscle mass and increase bone density, such as weightlifting and resistance band workouts.

3. **Flexibility Exercises:** Stretches that improve the range of motion in joints, such as yoga and Pilates.

4. **Balance Exercises:** Activities that improve stability and prevent falls, such as standing on one leg or using a balance board.

5. **Core Exercises:** Movements that strengthen the abdominal and lower back muscles, such as planks and sit-ups.

6. **Functional Training:** Exercises that mimic everyday movements, such as squats, lunges, and deadlifts.

7. **Group Classes:** Structured workouts led by an instructor, such as Zumba, Spin, and CrossFit.

8. **Personal Training:** One-on-one sessions with a certified trainer to create a customized workout plan.

9. **Home Workouts:** Exercises performed at home using equipment like dumbbells, resistance bands, and yoga mats.

10. **Outdoor Activities:** Recreational sports and exercises like hiking, jogging, and team sports.

RESEARCHER'S NOTE: The researchers found that the participants who used the machine had a 10% increase in muscle mass and a 15% increase in strength. The researchers also found that the participants who used the machine had a 10% increase in muscle mass and a 15% increase in strength.



RECYMBENT BIKE
The recumbent bike is a low-impact, low-risk exercise machine. It is ideal for people with back pain, joint problems, or those who are new to exercise. The person lies back in a reclined position, which reduces stress on the spine and joints. The pedals are positioned in front of the person, and the resistance is controlled by a hand lever or a dial on the side of the bike.



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. You lift your head and shoulders off the ground, bringing your chest towards your knees. This movement strengthens the abdominal muscles.

Activity 1

Objectives:

- To understand the importance of the environment in the development of the country.
- To identify the different types of environmental problems.
- To identify the different types of environmental problems.

Materials:

- A map of the Philippines.
- A list of environmental problems.

Procedure:

1. Divide the class into groups of four.
2. Give each group a map of the Philippines and a list of environmental problems.
3. Ask the groups to identify the different types of environmental problems in the Philippines.
4. Ask the groups to discuss the importance of the environment in the development of the country.



RESEARCH: METABOLISM
 Metabolism is the process by which the body converts food into energy. It is a complex process involving many different chemical reactions. The rate of metabolism is influenced by many factors, including age, sex, and body composition. A man with a higher percentage of muscle mass will have a higher metabolic rate than a man with a lower percentage of muscle mass. This is because muscle is a metabolically active tissue, meaning it burns calories even when you are at rest. Therefore, men with a higher percentage of muscle mass will burn more calories throughout the day, even when they are not exercising.



Exercise 1: Seated Cable Row

1. Sit on the machine with feet on the footplate.
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.

[illegible]

RECOVERING FROM BACK PAIN

[illegible][illegible]

Side Plank with Resistance Band

- Lie on your left side with your legs stacked and your right arm extended upwards.
- Place your right foot on the resistance band and hold the other end with your right hand.
- Lift your hips and hold the band with your right hand, pulling it upwards towards your head.
- Hold for 30 seconds.
- Repeat on the other side.



QUESTIONS

1. What is the name of the dog?
2. What is the name of the man?
3. What is the dog's breed?
4. What is the man's name?
5. What is the dog's name?
6. What is the man's name?
7. What is the dog's name?
8. What is the man's name?
9. What is the dog's name?
10. What is the man's name?

[illegible]



TELLING TYPE

1. Superior Quality Ink
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4. Superior Quality Service
 Superior quality service for superior results. The service is formulated to provide excellent adhesion and durability, ensuring your message is clear and long-lasting.

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KINCOM TREADMILL MACHINE

- UPPER PULLEY
- VERTICAL SPRING
- SHOCK ABSORBER
- AIR FLOW CONTROLLER

Gym Routine Manual

Ian Pickup

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Gym Routine Manual:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Gym Routine Manual**

In a global inundated with displays and the cacophony of instantaneous interaction, the profound energy and emotional resonance of verbal art frequently diminish in to obscurity, eclipsed by the regular assault of sound and distractions. Yet, situated within the lyrical pages of **Gym Routine Manual**, a interesting work of fictional elegance that pulses with organic thoughts, lies an unique journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that interesting opus manuals visitors on a mental odyssey, gently exposing the latent potential and profound impact stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect their captivating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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