

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. It is a variation of the bridge pose. The person is standing on their feet, with their knees bent and their hips lifted. The spine is arched, and the shoulders are lifted towards the ears. The pelvis is tilted upwards, and the head is tilted back. The diagram shows the spine in a curved position, with the vertebrae labeled. The pelvis is shown in a tilted position, and the shoulders are shown in a lifted position. The head is shown in a tilted position. The diagram is a simplified representation of the human body, focusing on the spine and the pelvis.



Lat Pull-Down
 The lat pull-down is a great exercise for building the latissimus muscle, which is the large muscle on the back. It also helps to strengthen the biceps and the muscles of the upper back. To perform this exercise, sit on a bench and grasp the bar with an overhand grip. Pull the bar down towards your chest, then release it and repeat.

[illegible]

PULL-UPS *Strength*
Pull-ups are a great way to build upper body strength. They also help to improve your grip strength. To perform a pull-up, you should start by hanging from a bar with your arms fully extended. Then, you should pull yourself up until your chin is above the bar. Finally, you should lower yourself back down to the starting position.



1. **Cardiovascular**
2. **Musculoskeletal**
3. **Endocrine**
4. **Respiratory**
5. **Neurological**
6. **Psychological**
7. **Immunological**
8. **Metabolic**
9. **Reproductive**
10. **Integumentary**

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 machine was effective in reducing the risk of injury and improving the overall health of the participants.



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 bike is designed to provide a full-body workout, including the legs, arms, and core. It is also a great machine for people who are looking for a low-impact, low-risk workout.



THE NEW YORK TIMES
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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. This exercise targets the rectus abdominis muscle.

Activity 1

Objectives:

- To understand the importance of the environment.
- To identify the different parts of the environment.

Materials:

- A large sheet of paper.
- Colored markers.

Procedure:

1. Divide the class into groups of four.
2. Give each group a large sheet of paper and colored markers.
3. Ask the groups to draw a picture of their environment.
4. Ask the groups to label the different parts of the environment.
5. Display the drawings and labels.



RESEARCH: METABOLISM
 Metabolism is the chemical process by which your body converts the food you eat into energy. The rate at which you burn calories is determined by your metabolism. The faster your metabolism, the more calories you burn. The rate of metabolism is determined by a number of factors, including age, sex, and body composition. The rate of metabolism also varies throughout the day, with the highest rate occurring in the morning and the lowest rate occurring in the evening. The rate of metabolism can be increased by a number of factors, including exercise, diet, and stress. The rate of metabolism can be decreased by a number of factors, including lack of exercise, poor diet, and stress. The rate of metabolism is a key factor in determining your weight and overall health.



Deadlift

- 1. Stand with feet hip-width apart, toes under the knees.
- 2. Bend at the hips and knees to lower the barbell to the floor, keeping your back straight.
- 3. Grip the barbell with your hands just outside your legs.
- 4. Lift the barbell by driving your feet into the floor and pushing your hips forward.
- 5. Stand upright with the barbell resting on your thighs.
- 6. Lower the barbell back to the floor by reversing the lifting motion.

[illegible]




Posture: Back

A good posture is essential for a healthy back. It helps to prevent back pain and injury. The diagram shows the correct alignment of the spine, with the head, shoulders, hips, and ankles in a vertical line.



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WARM-UP

1. Jog in place for 5 minutes.

2. Perform the following exercises for 10 minutes each:

- Squats
- Lunges
- Push-ups
- Plank
- Side plank
- Core exercises

MAIN WORKOUT

1. Run on the treadmill for 30 minutes at a moderate pace.

2. Perform the following exercises for 10 minutes each:

- Squats
- Lunges
- Push-ups
- Plank
- Side plank
- Core exercises

Cool-down

1. Walk on the treadmill for 5 minutes.

2. Perform the following exercises for 10 minutes each:

- Squats
- Lunges
- Push-ups
- Plank
- Side plank
- Core exercises



STRENGTH TRAINING

1. BENCH PRESS

2. SQUAT

3. DEADLIFT

4. BICEP CURL

5. TRICEP EXTENSION

6. SHOULDER PRESS

7. ROW

8. LUNGES

9. PLANK

10. CORE STRENGTH

11. CARDIO

12. FLEXIBILITY

13. REST

14. HYDRATION

15. NUTRITION

16. CONSISTENCY

17. PATIENCE

18. POSITIVE MINDSET

19. SUPPORTIVE COMMUNITY

20. TRACK PROGRESS

21. SET REALISTIC GOALS

22. LISTEN TO YOUR BODY

23. TAKE BREAKS

24. STAY MOTIVATED

25. ENJOY THE JOURNEY

[illegible]



TELLING TYPE

1. Superior Quality Ink
 Superior quality ink is used to ensure that the ink is clear and vibrant, and that it is resistant to fading and smudging.

2. Superior Quality Paper
 Superior quality paper is used to ensure that the paper is smooth and durable, and that it is resistant to tearing and discoloration.

3. Superior Quality Design
 Superior quality design is used to ensure that the design is clear and vibrant, and that it is resistant to fading and smudging.

4. Superior Quality Service
 Superior quality service is used to ensure that the service is clear and vibrant, and that it is resistant to fading and smudging.

[illegible][illegible]

KINCOM TREADMILL MACHINE

UPPER ROLLER

LOWER ROLLER

DRIVE SHAFT

MOTOR DRIVE

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L Darling-Hammond



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