

EXERCISE CHART



Don't get stressed about stress!

Stress is a natural part of life, but it can become a problem if it's not managed properly. Here are some tips to help you manage stress:

- 1. **Identify the source of your stress.** What is causing you to feel stressed?
- 2. **Take control of your situation.** Do you have any control over the situation?
- 3. **Set priorities.** What are the most important things you need to do?
- 4. **Take breaks.** Don't push yourself too hard.
- 5. **Exercise.** Physical activity can help reduce stress.
- 6. **Eat healthy.** A healthy diet can help you cope with stress.
- 7. **Get enough sleep.** Lack of sleep can make you more stressed.
- 8. **Seek support.** Talk to a friend or family member about your stress.
- 9. **Consider professional help.** A therapist can help you manage stress.
- 10. **Remember, you're not alone.** Many people experience stress.

For more information, visit www.healthy.com



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

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Urdhva Dhanurasana
 Standing backbend
 This pose is a standing backbend that stretches the spine and opens the chest. It is a good pose for people with tight hamstrings and a rounded upper back. To perform this pose, stand with your feet hip-width apart, toes pointing forward. Bend your knees and lift your hips, reaching your hands down to the floor. Push your feet back and lift your hips higher, arching your back and pulling your head back. Hold for 30 seconds.



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PULL-UPS *Exercise*
Pull-ups are a great way to build upper body strength. They are a compound exercise that works the back, shoulders, and arms. To perform a pull-up, grip the bar with your hands shoulder-width apart and pull your body up until your chin is over the bar. Lower yourself back down and repeat.



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

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

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 foot or using a balance board.

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

6. **Interval Training:** A combination of high-intensity bursts followed by periods of rest or lower intensity.

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

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



1. **WARM UP** properly before your workout.
2. **STRETCH** properly after your workout.
3. **DRINK** plenty of water throughout the day.
4. **EAT** a healthy diet.
5. **GET** enough sleep.



Exercícios para fortalecer
 o sistema muscular
 e melhorar a circulação
 sanguínea. O exercício
 deve ser feito com
 o corpo em posição
 ereta, com os braços
 estendidos para
 frente e os pés
 apoiados na base
 da máquina. O
 movimento deve
 ser feito com
 controle, sem
 trancos e sem
 soltar o corpo da
 máquina.

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SIT-UPS
 Sit-ups are a great way to strengthen your core muscles. To perform a sit-up, lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, and then sit up. Repeat for 10-15 reps.

Activity 1

Objectives:

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

Materials:

- A large sheet of paper.
- Coloured markers.

Procedure:

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

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Deadlift

1. Stand with feet hip-width apart, toes under the hips.
2. Bend at the hips and knees to lower the barbell to the floor, keeping the back straight.
3. Grip the barbell with both hands, palms facing down.
4. Lift the barbell by extending the hips and knees, keeping the back straight.
5. Stand upright with the barbell in front of the feet.
6. Lower the barbell back to the floor by bending at the hips and knees.

RESEARCH OPPORTUNITIES

1. **Research Assistant** to the Director, **Department of Health, Behavior, and Society**, **Population Council**, **1315 York Ave., New York, NY 10021**. **Ph.D. in Health, Behavior, and Society** required. **Salary** \$18,000-\$22,000 per year. **Research Assistant** to the Director, **Department of Health, Behavior, and Society**, **Population Council**, **1315 York Ave., New York, NY 10021**. **Ph.D. in Health, Behavior, and Society** required. **Salary** \$18,000-\$22,000 per year. **Research Assistant** to the Director, **Department of Health, Behavior, and Society**, **Population Council**, **1315 York Ave., New York, NY 10021**. **Ph.D. in Health, Behavior, and Society** required. **Salary** \$18,000-\$22,000 per year.

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RECENTLY, MANY HAVE BEEN TOLD that sit-ups are bad for the back. But is this true? The answer is no. Sit-ups are a safe and effective way to strengthen the abdominal muscles. However, it is important to perform them correctly to avoid injury. The following are some tips for doing sit-ups safely:

- 1. Start with your knees bent and feet flat on the floor.
- 2. Lift your head and shoulders off the ground, keeping your neck relaxed.
- 3. Bring your knees up towards your chest as you lift your head.
- 4. Lower yourself back down to the starting position in a controlled manner.

By following these tips, you can safely and effectively incorporate sit-ups into your workout routine.



Posture

Proper posture is essential for maintaining good health and preventing back pain. It involves keeping the spine in a neutral, balanced position. Poor posture can lead to muscle strain, joint pain, and even chronic back problems. To maintain good posture, it's important to be aware of your body's alignment and make adjustments as needed. This includes keeping the head, neck, and shoulders in a straight line, with the shoulders over the hips and the hips over the ankles. Regular exercise and stretching can also help improve posture and strengthen the muscles that support the spine.

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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.



STRENGTH TRAINING

1. BENCH PRESS

2. SQUAT

3. DEADLIFT

4. OVERHEAD PRESS

5. ROW

6. LUNGES

7. TRICEPS EXTENSION

8. BICEPS CURL

9. SHOULDER PRESS

10. PULL-UPS

11. DIPS

12. PLANK

13. CRAB WALK

14. BURPEES

15. MOUNTAIN CLIMBERS

16. SKEWER

17. TRICEPS DIPS

18. BICEPS CURL

19. SHOULDER PRESS

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KINETIC VERTICAL ANALYSIS MACHINE

- UPPER PLATFORM
- VERTICAL FORCE TRANSDUCER
- SAFETY BAR
- AIR HOSE CONNECTION

Home Gym Exercise Manual

VM Jensen



Home Gym Exercise Manual:

Adopting the Melody of Term: An Emotional Symphony within **Home Gym Exercise Manual**

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