

EXERCISE CHART



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• **Handgrip:** **Handgrip strength** is a good indicator of overall muscle strength and is associated with a lower risk of falls and fractures. **Handgrip strength** can be improved by using **handgrip devices** or **resistance bands**.



HEART RATE MONITORING

Heart rate monitoring is a key component of any fitness program. It allows you to track your heart rate during exercise, ensuring you are working at the right intensity for your goals. There are several ways to monitor your heart rate, including using a heart rate monitor strap, a chest strap, or a wrist-worn device. Heart rate monitoring can help you track your progress, adjust your workout intensity, and prevent overexertion.

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Seated Cable Row

- **Target Muscles:** Latissimus dorsi, trapezius, rhomboids, biceps, and forearms.
- **Benefits:** Improves posture, strengthens the back and arms, and increases muscle mass.
- **Form Tips:** Sit with feet flat on the floor, knees bent, and back straight. Pull the handle towards your chest, squeezing your shoulder blades together.
- **Common Mistakes:** Rounding the back, using momentum to pull the weight, and not squeezing the shoulder blades.
- **Progression:** Increase the weight or use a different grip (wide or narrow) to challenge the muscles.
- **Repetition Range:** 8-12 reps for strength, 15-20 reps for endurance.
- **Rest Time:** 30-60 seconds between sets.

ILLUSTRATION TYPE

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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. Hold for a moment, then slowly return the handle to the starting position.
5. Repeat for the desired number of repetitions.



Muscles Worked:

- Latissimus Dorsi
- Trapezius
- Biceps Brachii
- Brachialis
- Brachioradialis
- Forearm Flexors
- Core Muscles

Benefits:

- Improves upper body strength
- Increases muscle mass
- Enhances cardiovascular fitness
- Improves posture
- Increases bone density

How to Perform:

- Grab the bar with an overhand grip.
- Hang from the bar with your arms fully extended.
- Pull your body up towards the bar, keeping your feet flat on the ground.
- Lower your body back down to the starting position.



RECYMBENT BIKE

- Low-impact cardiovascular workout
- Adjustable resistance
- Comfortable seating
- Suitable for all ages and fitness levels
- Ideal for rehabilitation and low-impact exercise



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.

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SEATED LEG PRESS
 1. Sit on the machine with your feet flat on the platform.
 2. Push the platform up with your legs, keeping your back against the seat.
 3. Lower the platform back down, keeping your feet flat.



DEADLIFT
The deadlift is a compound exercise that works the back, legs, and core. It is performed by lifting a barbell from the floor to a standing position. The barbell is held with both hands, and the lifter bends at the hips and knees to lift the weight. The deadlift is a fundamental exercise in strength training and is often used to build overall strength and endurance.

Figure 1 The effect of the 12-week training on the body composition of the participants. The mean values of the body composition of the participants before and after the 12-week training are shown. The data are presented as mean $\pm$ SD. The statistical significance is indicated by * ($p < 0.05$).



RECYMBENT BIKE
 A recumbent bike is a stationary bike with a seat and backrest. It is designed for low-impact, low-risk exercise. It is ideal for people with back pain, joint problems, or those who are new to exercise.



Model of the Human Body

This model illustrates the internal organs and skeletal structure of the human body. It is a valuable tool for understanding anatomy and physiology.

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1. The man is using a stationary bike.

2. The bike is blue and black.

3. The man is wearing a white shirt and blue pants.

4. The bike is on a gym floor.

5. The man is pedaling the bike.

6. The bike has a digital display.

7. The man is looking at the display.

8. The bike is a recumbent bike.

9. The man is sitting on the seat.

10. The bike is a stationary bike.



Backbend
 This pose is a backbend. It is a standing pose where the person bends their back, lifting their hips and reaching their hands towards their feet. This pose is often used to improve flexibility in the spine and hips.



Standing Backbend
 This pose is a standing backbend. It is a standing pose where the person bends their back, lifting their hips and reaching their hands towards their feet. This pose is often used to improve flexibility in the spine and hips.



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A person is shown performing a back extension exercise on a gym machine. The machine has a blue frame and a white padded seat. The person is lying on their back, with their knees bent and feet flat on the floor. They are lifting their hips and lower back off the seat, holding the position for a moment. The machine has a weight stack on the right side.



EXERCISE

1. Warm-up
2. Cardiovascular exercise
3. Strength training
4. Flexibility exercises
5. Cool-down

EXERCISE EQUIPMENT

1. Treadmill

2. Stationary bike

3. Elliptical machine

4. Free weights

5. Resistance bands

6. Yoga mat

7. Foam roller

8. Jump rope

9. Dumbbells

10. Kettlebell

11. Medicine ball

12. Resistance band

13. Yoga block

14. Pilates ring

15. Stability ball

16. Balance board

17. Agility cone

18. Cones

19. Stopwatch

20. Heart rate monitor

21. Water bottle

22. Towel

23. Goggles

24. Swim cap

25. Swim fins

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Lat Pulldown
 This exercise targets the latissimus dorsi muscle, which is responsible for pulling the arms down towards the body. It is a key exercise for building back muscle and improving posture.

THE BODY
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 Körperkultur.
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Hand hygiene

Hand hygiene is an essential part of infection control. It involves the use of soap and water or hand sanitizer to clean the hands. Hand hygiene should be performed before and after touching a patient, before and after performing a procedure, and after touching a contaminated surface.



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SYMPTOMS Includes a lump on the face or neck, a lump on the back, or a lump in the armpit.

CAUSE A lump on the face or neck is caused by a tumor of the salivary gland. A lump on the back is caused by a tumor of the skin. A lump in the armpit is caused by a tumor of the lymph node.

DIAGNOSIS Includes a physical exam, a biopsy, and imaging tests.

TREATMENT Includes surgery, radiation therapy, and chemotherapy.



STANDING CABLE ROW
 This exercise is performed by standing with feet shoulder-width apart, holding the cable handle with both hands, and pulling the handle up towards the chest. The back muscles are engaged during this movement.

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KEY COMPONENTS OF A DEADLIFT:

- UPPER BACK
- NECK, HEAD, CHEST
- ELBOWS
- FEET
- SHOES
- BAR
- PLATE
- LOAD

Home Gym Workout Guide

Robert R. Redfield



Home Gym Workout Guide:

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