


## EXERCISE CHART



**1. The man in the white shirt and tie is sitting on a large, ornate chair.**

**2. He is looking down at a small, dark, round object on the floor.**

**3. The background is a light blue wall with a white door and a window.**

[illegible]

• **Leg Press:** A person is shown using a large blue exercise machine, likely a leg press, to perform a strength training exercise.



**HEART RATE MONITORING**  
 Heart rate is a key indicator of cardiovascular fitness and is used to determine the intensity of exercise. A heart rate monitor (HRM) is a device that measures the heart rate during exercise. It can be used to track progress and adjust the intensity of the workout to achieve the desired fitness goals.

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**Leg Press**

1. Sit on the machine with your feet flat on the footplate.
2. Push the weight up with your legs, keeping your back against the seat.
3. Lower the weight back down, keeping your feet flat.
4. Repeat for the desired number of repetitions.

**STANDARD TYPE**

**Standard type** is a type of steel that is used for general engineering purposes. It is a low alloy steel with a carbon content of 0.25% to 0.50% and a manganese content of 0.30% to 0.60%. It is used for a wide range of applications, including structural steel, machinery, and automotive parts.

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1. Sit on the machine with your feet under the footplate and your knees bent. Grasp the handles with both hands.

2. Pull the handles toward your chest, keeping your back straight and your feet flat on the floor.

3. Hold the contraction for a moment, then slowly return the handles to the starting position.

4. Repeat for the desired number of repetitions.



**RESEARCH** shows that dogs can help their owners lose weight. In a study published in the *Journal of Human Nutrition*, researchers found that dogs who walked with their owners for 30 minutes a day helped them lose weight. The researchers also found that dogs who walked with their owners for 30 minutes a day helped them lose weight.



**EXERCISES AND SETS**  
 1. Seated cable row, 3 sets of 10-12 reps.  
 2. Seated cable row, 3 sets of 10-12 reps.  
 3. Seated cable row, 3 sets of 10-12 reps.  
 4. Seated cable row, 3 sets of 10-12 reps.  
 5. Seated cable row, 3 sets of 10-12 reps.



**How to do the 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, keeping your back straight and core engaged.
4. Hold the contraction for a moment.
5. Release the handle back to the starting position.



**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 to the starting position.



**Lat pull-down**  
 The lat pull-down is a compound exercise that targets the latissimus dorsi muscle. It is performed by pulling a bar down from an overhead position to the chest. This exercise is effective for building back muscle and improving posture.



**HEART RATE MONITOR**  
 The heart rate monitor is a device that measures the heart rate of the user. It is a small device that is worn on the chest or wrist. It is used to monitor the heart rate during exercise.

### IMPROVING SAFETY

Control your company's exposure to workplace violence. Develop a plan to protect your workers from the most common workplace violence. This includes taking actions to prevent workplace violence, responding to workplace violence, and providing training to employees. Workplace violence can be prevented by taking the following steps:

- Establish a workplace violence prevention program.
- Train employees on workplace violence prevention.
- Establish a workplace violence response plan.
- Establish a workplace violence reporting system.
- Establish a workplace violence investigation system.
- Establish a workplace violence disciplinary system.
- Establish a workplace violence recovery system.
- Establish a workplace violence prevention system.

For more information, visit [www.osha-slc.org](http://www.osha-slc.org) or call 1-800-368-5888.

**How to find the sacrum:**


The sacrum is a large, triangular bone in the lower back, made up of five vertebrae. It is located at the base of the spine, between the pelvis and the coccyx (tailbone). The sacrum is the central part of the lower back, and it is the largest of the vertebrae in the spine. It is the base of the spine, and it is the largest of the vertebrae in the spine. It is the base of the spine, and it is the largest of the vertebrae in the spine.

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1. The man is using a stationary bike on a gym floor.



**Backbend**  
 Backbends are a great way to stretch the spine and improve flexibility. They also help to strengthen the muscles of the back and shoulders. Backbends are a great way to relieve stress and tension in the body. They also help to improve circulation and boost energy levels. Backbends are a great way to improve posture and prevent back pain. They also help to improve the health of the spine and the overall health of the body.




**RELEVANT ANATOMICAL INFORMATION**

**Latissimus Dorsi** originates from the lower thoracic and lumbar vertebrae, specifically the T7-L5 levels. The fibers converge and insert into the humerus at the lesser tuberosity and the intertubercular groove.

**Triceps Brachii** is composed of three heads: the long head originates from the infrapectoral fascia and the humerus, while the medial and lateral heads originate from the scapula. All three heads converge to insert into the olecranon of the ulna.

**Posterior Deltoid** originates from the acromioclavicular joint and the spine of the scapula, inserting into the deltoid tuberosity on the humerus.

**Terminology:** The exercise involves pulling a weighted bar from an overhead position down towards the chest, primarily engaging the latissimus dorsi and posterior deltoid muscles.

[illegible]

**Lat Pull-Down**

1. Sit on the machine with your feet flat on the floor and your knees bent.
2. Grasp the bar with an overhand grip, shoulder-width apart.
3. Pull the bar down towards your chest, keeping your elbows close to your body.
4. Lower the bar back to the starting position in a controlled manner.

[illegible]



**Activity**

Students will be asked to draw a picture of a person who is in a wheelchair and is being helped by a person who is standing next to them.

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**Carotid Artery Massage**

Carotid artery massage is a technique used to temporarily stop blood flow to the brain. It is performed by applying pressure to the carotid artery, which is located on the side of the neck. This technique is used in various medical and martial arts contexts.



**DEADLIFT**  
**FUNCTION:** Strengthens the lower back, buttocks, and legs.  
**MUSCLES:** Erector spinae, gluteus maximus, hamstrings, and lower back.  
**FORM:** Stand with feet hip-width apart, toes under the knees. Bend at the hips and knees to pick up the barbell from the floor. Keep the back straight and the bar close to the body. Lift the bar by extending the hips and knees, standing upright with the bar over the feet. Lower the bar back to the floor by reversing the motion.

**KINETIC CHAIN ANALYSIS**

UPPER TORSO

LOWER TORSO

KNEES

FEET

ANKLES

Diagram illustrating the kinetic chain analysis of a person performing a deadlift, showing the alignment of the upper torso, lower torso, knees, feet, and ankles.

# Impex Fitness Exercise Guide For Multi Gym

**Ian Pickup**



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