


## EXERCISE CHART

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• **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 intensity to achieve specific 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.

**ILLUSTRATION TYPE**

1. **Illustration of a person or object**  
 2. **Illustration of a scene or event**  
 3. **Illustration of a concept or idea**  
 4. **Illustration of a process or procedure**  
 5. **Illustration of a relationship or comparison**  
 6. **Illustration of a problem or solution**  
 7. **Illustration of a cause and effect**  
 8. **Illustration of a sequence or timeline**  
 9. **Illustration of a flow or path**  
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 11. **Illustration of a map or diagram**  
 12. **Illustration of a chart or graph**  
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 14. **Illustration of a formula or equation**  
 15. **Illustration of a code or key**



**THE SEATED CABLE ROW**  
 1. Sit on the machine with your feet on the footplate and your knees bent.  
 2. Grasp the handle with both hands.  
 3. Pull the handle toward your chest, keeping your back straight and your feet flat on the floor.  
 4. Squeeze your shoulder blades together.  
 5. Hold the contraction for a moment, then slowly return the handle to the starting position.  
 6. Repeat for the desired number of repetitions.



**Exercise 1: Pull-up**  
 1. Grasp the bar with an overhand grip, hands shoulder-width apart.  
 2. Pull your body up until your chin is above the bar.  
 3. Lower your body back down in a controlled manner.



**REINFORCE AND BUILD**  
 STRENGTH  
 • Increase muscle mass  
 • Increase bone density  
 • Increase metabolism  
 • Increase energy  
 • Increase endurance  
 • Increase flexibility  
 • Increase balance  
 • Increase coordination  
 • Increase focus  
 • Increase motivation  
 • Increase confidence  
 • Increase self-esteem  
 • Increase happiness  
 • Increase health  
 • Increase longevity




**How to do the Seated Cable Row:**

1. Sit on the machine with your feet on the footplate and your knees bent.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest, keeping your back straight and your feet flat on the floor.
4. Squeeze your shoulder blades together at the end of the movement.
5. Release the handle and repeat.

[illegible]

**Health Benefits of the Sit-Up:**

- Improves core strength
- Increases flexibility
- Burns calories
- Improves posture
- Reduces back pain
- Improves circulation
- Boosts metabolism
- Enhances immune system
- Improves sleep
- Reduces stress
- Improves mood
- Enhances energy
- Improves digestion
- Boosts heart rate
- Improves balance
- Enhances coordination
- Improves reflexes
- Boosts endurance
- Enhances stamina
- Improves agility
- Boosts speed
- Enhances power
- Improves strength
- Boosts focus
- Enhances concentration
- Improves memory
- Boosts intelligence
- Enhances creativity
- Improves problem-solving
- Boosts decision-making
- Enhances communication
- Improves social skills
- Boosts self-esteem
- Enhances confidence
- Improves self-discipline
- Boosts motivation
- Enhances determination
- Improves perseverance
- Boosts resilience
- Enhances adaptability
- Improves flexibility
- Boosts endurance
- Enhances stamina
- Improves agility
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- Boosts motivation
- Enhances determination
- Improves perseverance
- Boosts resilience
- Enhances adaptability

[illegible]

**DEADLIFT**

1. Stand with feet hip-width apart, toes under the knees. Bend at the hips and knees to lower the barbell to the floor. Grasp the bar with a double overhand grip.

2. Lift the bar by driving the feet into the floor and pushing the hips forward. Keep the back straight and the bar close to the body.

3. Stand upright with the feet flat on the floor and the hips, knees, and ankles in a vertical line.



**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. The heart rate monitor strap is the most accurate, but it can be uncomfortable. The chest strap is also accurate, but it can be bulky. The wrist-worn device is the most convenient, but it is less accurate. Heart rate monitoring can help you track your progress, adjust your workout intensity, and prevent overexertion.

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The following information is provided for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



...the most common form of exercise. It's also one of the most effective. A study published in the *Journal of Applied Physiology* found that people who exercised on a stationary bike for 30 minutes, three times a week, for 12 weeks, lost more weight and fat than those who exercised on a treadmill for the same amount of time. The researchers also found that the people who exercised on the bike had a higher metabolic rate after their workout than those who exercised on the treadmill. This means that the people who exercised on the bike burned more calories even after their workout was over.

**THE BENEFITS OF STATIONARY BIKES**

Stationary bikes are a great way to get in shape and lose weight. They are also a great way to improve your cardiovascular health. Biking is a low-impact exercise, which means it's easy on your joints. This makes it a great choice for people who have arthritis or other joint problems. Biking is also a great way to improve your endurance and stamina. If you're looking for a new way to exercise, a stationary bike is a great choice.



**PULL-UPS**  
The pull-up is a compound exercise that works the back, biceps, and forearms. It is a great way to build upper body strength and endurance. 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, and then lower yourself back down in a controlled manner.



**BENCH PRESS**  
The bench press is a compound exercise that works the chest, shoulders, and triceps. It is a great way to build upper body strength and endurance. To perform a bench press, lie on a flat bench with your feet flat on the floor, grip the bar with your hands shoulder-width apart, and press the bar up until your arms are fully extended.



**DEADLIFT**  
The deadlift is a compound exercise that works the back, legs, and core. It is a great way to build lower body strength and endurance. To perform a deadlift, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and lift the bar by pulling it up towards your knees.



**SQUAT**  
The squat is a compound exercise that works the legs, glutes, and core. It is a great way to build lower body strength and endurance. To perform a squat, stand with your feet hip-width apart, lower your body down until your thighs are parallel to the floor, and then push back up to the starting position.



**SHOULDER PRESS**  
The shoulder press is a compound exercise that works the shoulders, triceps, and core. It is a great way to build upper body strength and endurance. To perform a shoulder press, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and press the bar up until your arms are fully extended.



**BICEP CURL**  
The bicep curl is a compound exercise that works the biceps and forearms. It is a great way to build upper body strength and endurance. To perform a bicep curl, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and curl the bar up towards your shoulders.



**TRICEP EXTENSION**  
The tricep extension is a compound exercise that works the triceps and core. It is a great way to build upper body strength and endurance. To perform a tricep extension, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and extend the bar down behind your head.



**CORE EXERCISES**  
Core exercises are essential for building a strong and stable core. They include exercises like planks, sit-ups, and leg raises. Core exercises help improve posture, balance, and overall health.



**CARDIO EXERCISES**  
Cardio exercises are essential for improving cardiovascular health and burning calories. They include exercises like running, swimming, and cycling. Cardio exercises help improve endurance and overall health.



**FLEXIBILITY EXERCISES**  
Flexibility exercises are essential for improving range of motion and preventing injuries. They include exercises like stretching and yoga. Flexibility exercises help improve posture and overall health.



**STRENGTH EXERCISES**  
Strength exercises are essential for building muscle and increasing strength. They include exercises like weightlifting and resistance training. Strength exercises help improve posture and overall health.



**BALANCE EXERCISES**  
Balance exercises are essential for improving balance and stability. They include exercises like standing on one leg and using a balance ball. Balance exercises help improve posture and overall health.



1. **Heart rate monitor:** A device that measures your heart rate during exercise. It can be worn on your chest or as a wristband.

2. **Heart rate zone:** A range of heart rates that is considered optimal for a specific type of exercise. For example, a heart rate zone of 150-170 bpm is considered optimal for aerobic exercise.

3. **Heart rate reserve:** The difference between your maximum heart rate and your resting heart rate. It is a measure of your cardiovascular fitness.

4. **Heart rate variability:** A measure of the variation in time between heartbeats. It is a measure of your autonomic nervous system's ability to regulate your heart rate.

5. **Heart rate recovery:** The time it takes for your heart rate to return to its resting level after exercise. It is a measure of your cardiovascular fitness.

6. **Heart rate variability training:** A type of exercise that focuses on improving heart rate variability. It involves alternating between periods of high and low heart rate.

7. **Heart rate variability biofeedback:** A type of biofeedback that uses heart rate variability as a measure of stress. It involves wearing a heart rate monitor and receiving feedback on your heart rate variability.


8. **Heart rate variability training:** A type of exercise that focuses on improving heart rate variability. It involves alternating between periods of high and low heart rate.

9. **Heart rate variability biofeedback:** A type of biofeedback that uses heart rate variability as a measure of stress. It involves wearing a heart rate monitor and receiving feedback on your heart rate variability.

10. **Heart rate variability training:** A type of exercise that focuses on improving heart rate variability. It involves alternating between periods of high and low heart rate.

Diagram illustrating the components of a crane:

- LIFTING CAPACITY
- LIFTING HEIGHT
- LIFTING SPEED
- LIFTING WEIGHT



Deadlift is one of the most important exercises in strength training. It involves lifting a barbell from the floor to a standing position, keeping the back straight and the feet flat on the ground. This exercise works the back, legs, and core muscles.



**Physical Disabilities**  
Physical disabilities are those that affect a person's ability to move or use their body. Examples include amputation, paralysis, and chronic pain.

**Visual Disabilities**  
Visual disabilities are those that affect a person's ability to see. Examples include blindness and low vision.

**Deafness**  
Deafness is a hearing impairment that affects a person's ability to hear sounds. It can be congenital or acquired.

**Speech Disabilities**  
Speech disabilities are those that affect a person's ability to communicate verbally. Examples include stuttering and aphasia.

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1. The person is seated on the machine with their feet flat on the footplate and knees bent at approximately 90 degrees.

2. The person pushes the weight up with their legs, extending the knees until the thighs are parallel to the ground.

3. The person lowers the weight back down, controlling the descent.

4. The person repeats the movement for the desired number of repetitions.

FIGURE 10-10  
SEATED LEG EXTENSION

# Home Gym Manual

**SA Adler**



## **Home Gym Manual:**

The Top Books of the Year Home Gym Manual The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Home Gym Manual : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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