


EXERCISE CHART



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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.



Seated Cable Row


- Seated on a bench, feet flat on the floor, knees bent.
- Grasp the handle with both hands, arms extended forward.
- Pull the handle toward your chest, squeezing your shoulder blades together.
- Hold for a moment, then slowly return the handle to the starting position.

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EXERCISE 10
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 toward your chest, keeping your back straight and your feet flat on the floor.
 4. Hold the contraction for a moment, then slowly return the handle to the starting position.
 5. Repeat for the desired number of repetitions.



Vertical Pulling
 Vertical pulling exercises are performed with the arms fully extended and the body close to the bar. The most common vertical pulling exercise is the pull-up. Other vertical pulling exercises include the chin-up and the hanging leg raise.



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 recovering from injury. 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 exercise routine.



Exercise 1: 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 few seconds.
5. Release the handle and repeat.



Modeling can be a powerful tool for teaching children about the world around them. It can help them understand the importance of different professions and the skills required to succeed in them. It can also help them develop a sense of responsibility and community. By modeling positive behaviors, we can help our children become the best versions of themselves.




DEADLIFT
The deadlift is a compound lift that works the back, legs, and core. It is a fundamental lift in powerlifting and bodybuilding.

SETUP
1. Stand with feet hip-width apart, toes under the hips.
2. Bend at the hips and knees to reach down to the bar.
3. Grip the bar with hands shoulder-width apart.

EXECUTION
1. Lift the bar by driving the feet into the floor and pushing the hips forward.
2. Keep the back straight and the head up.
3. Stand up with the feet, hips, and shoulders in a vertical line.

RECOVERY
1. Lower the bar back to the floor by hinging at the hips and knees.
2. Keep the back straight and the head up.



DEADLIFT


1. Stand with feet hip-width apart, toes under knees.

2. Bend at hips and knees to lower the barbell to the floor.

3. Grip the barbell with both hands.


4. Lift the barbell by extending the hips and knees.

5. Stand upright with the barbell in front of the legs.

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RECYMBENT BIKE
 RECYMBENT BIKE: A recumbent bike is a stationary bike with a seat and backrest, designed for low-impact cardiovascular exercise. It is often used in physical therapy and for individuals with joint issues.

- Provides low-impact cardiovascular exercise.
- Suitable for individuals with joint issues or back pain.
- Often used in physical therapy and rehabilitation.
- Can be adjusted to accommodate different body types.
- Provides a controlled environment for exercise.
- Often includes heart rate monitors and other fitness tracking features.
- Can be used indoors or outdoors.
- Often comes with a fan or cooling system.
- Can be used for both cardio and strength training.
- Often includes a display screen for tracking progress.



Deadlifts are a compound exercise that work the back, legs, and core. They are a great way to build strength and muscle mass. To perform a deadlift, stand with your feet hip-width apart, toes under your hips. Bend your hips and knees to pick up a barbell from the floor. Keep your back straight and lift the bar by pulling with your legs. Stand up straight and hold the bar for a moment before lowering it back to the floor.



1. The person is using a stationary bike on a treadmill.



Handstand is a popular and challenging exercise that can be performed in many ways. It is a great way to improve your balance, strength, and coordination. There are many different types of handstands, and each one has its own unique benefits. If you are looking for a new challenge, handstand is a great option. It is a fun and rewarding activity that can be done by people of all ages and abilities. So, if you are looking for a new challenge, handstand is a great option. It is a fun and rewarding activity that can be done by people of all ages and abilities.

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1 **WARM-UP** 5 minutes
Cardio: Jogging, jumping rope, or
stationary bike. Warm-up stretches
for the neck, shoulders, arms, and
back.

2 **STRETCHING** 5 minutes
Shoulder and arm stretches, including
the "X" stretch for the shoulders.

3 **STRENGTH TRAINING** 30 minutes
Chest press, lat pulldown, seated row,
dumbbell press, and bicep curls.

4 **CARDIO** 15 minutes
Stationary bike or elliptical machine.

5 **Cool-down** 5 minutes
Light stretching and deep breathing.

6 **POST-WORKOUT** 5 minutes
Hydration and a small snack.

7 **REST** 1 day
Allow your muscles to recover.

8 **REPEAT** 1 day
Repeat the routine.

9 **PROGRESS** 1 day
Increase the weight or duration of
the workout.

10 **CONSISTENCY** 1 day
Stick to the routine.

11 **TRACKING** 1 day
Keep a log of your progress.

12 **ADJUSTMENT** 1 day
Adjust the routine as needed.

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Repeat the routine.

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STOMATITIS

Stomatitis is a condition of the mouth characterized by inflammation and pain. It can be caused by various factors, including infection, trauma, and autoimmune disease. The image shows a person's face with a large, dark, irregular lesion on the cheek, which is characteristic of stomatitis.



1. Stand with feet hip-width apart, toes under the knees. Bend at the hips and knees to lower the barbell to the floor. Grip the bar with both hands, palms facing down. Lift the bar by driving the feet into the floor and pulling the bar up towards the knees. Stand up straight, holding the bar with both hands. Lower the bar back to the floor by bending at the hips and knees. Repeat for the desired number of repetitions.

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SMITH MACHINE SUBSYSTEMS

- CATCH ROLLERS
- VERTICAL GUIDE RODS
- FIXED BASE
- BAR WEIGHT CARRIER
- SAFE STOPPING
- STOP, REVERSIBLE & RELEASE

Home Gym Workout Manual

Gold's Gym

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Home Gym Workout Manual:

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In a global inundated with displays and the cacophony of instant interaction, the profound energy and psychological resonance of verbal beauty frequently fade into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, set within the musical pages of **Home Gym Workout Manual**, a captivating work of fictional splendor that impulses with organic feelings, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this interesting opus instructions visitors on a mental odyssey, gently revealing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect its charming writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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