

## EXERCISE CHART



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**RESEARCHERS HAVE DISCOVERED**  
that the most effective way to  
lose weight is to combine  
aerobic and resistance  
training. The combination  
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can burn up to 1,000  
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**WALKING, JOGGING**  
 Walking and jogging are low-impact exercises that can be done almost anywhere. They are great for improving cardiovascular health and burning calories. Walking is a good starting point for beginners, while jogging is more challenging and burns more calories.



**HEART RATE MONITORING**

Monitoring heart rate during exercise is a useful way to gauge intensity and ensure you are working at the right level for your goals. A heart rate monitor can be worn on the wrist, chest, or clipped to a belt. It provides real-time feedback on your heart rate, allowing you to adjust your effort as needed.

**How to Use a Heart Rate Monitor:**

1. Set your target heart rate range based on your fitness level and goals.
2. Wear the heart rate monitor correctly as instructed.
3. Monitor your heart rate during exercise and adjust your effort to stay within your target range.
4. Use the heart rate monitor data to track progress and adjust your workout routine.

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Heart rate monitors are used to measure the heart rate during exercise. They are typically worn on the wrist or chest. The heart rate monitor is connected to a computer or a mobile device, which displays the heart rate on the screen. The heart rate monitor can also be used to track the number of calories burned during exercise.



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



**IMPROVING YOUR HEALTH**

- Improves circulation
- Improves blood pressure
- Improves cholesterol levels
- Improves heart rate
- Improves muscle tone
- Improves overall health



**QUESTION: WHAT IS THE CORRECT MOVEMENT?**

1. The feet should be shoulder-width apart.

2. The bar should be in front of the feet.

3. The back should be rounded.

4. The knees should be bent.

5. The hips should be pushed back.

6. The bar should be pulled up to the knees.

7. The bar should be pulled up to the waist.

8. The bar should be pulled up to the chest.

9. The bar should be pulled up to the shoulders.

10. The bar should be pulled up to the head.



**RESEARCHERS SAY THAT**  
 running is one of the best ways to lose weight and improve cardiovascular health. A study published in the *Journal of Sports Medicine* found that runners who maintained a consistent pace for 30 minutes, five times a week, lost an average of 10 pounds over a 12-week period. The researchers also found that runners who increased their pace over time lost even more weight.

**HOW TO GET THE MOST OUT OF YOUR RUN**  
 To maximize the benefits of your run, it's important to warm up properly and stretch before and after. Warming up for 5-10 minutes with light cardio can help prevent injury and improve performance. Stretching after your run can help reduce muscle soreness and improve flexibility.

**THE BEST TIME TO RUN**  
 While there is no one-size-fits-all answer, many runners find that running in the morning helps them stay motivated and energized throughout the day. However, running in the evening can be a great way to unwind after a long day of work.

**CONCLUSION**  
 Running is a simple yet effective way to improve your health and lose weight. By sticking to a consistent schedule and following proper technique, you can see significant results in a short amount of time.




**Leg Press**  
The leg press is a compound exercise that works the quadriceps, hamstrings, and glutes. It is performed by sitting on a machine with your feet flat on the platform and pushing the weight up with your legs.


**The Science of Strength Training**  
 Dr. John P. Mittleman

1. The Science of Strength Training  
 2. The Science of Endurance Training  
 3. The Science of Speed Training  
 4. The Science of Flexibility Training  
 5. The Science of Balance Training  
 6. The Science of Coordination Training  
 7. The Science of Agility Training  
 8. The Science of Power Training  
 9. The Science of Endurance Training  
 10. The Science of Speed Training  
 11. The Science of Flexibility Training  
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 15. The Science of Power Training


**Topics Covered:**  
 • The Science of Strength Training  
 • The Science of Endurance Training  
 • The Science of Speed Training  
 • The Science of Flexibility Training  
 • The Science of Balance Training  
 • The Science of Coordination Training  
 • The Science of Agility Training  
 • The Science of Power Training



**Leg Press**  
The leg press is a compound exercise that targets the quadriceps, hamstrings, and glutes. It is performed by lying on a leg press machine and pushing a weighted sled away from the body.



**EXERCISE BIKE**  
 The exercise bike is a low-impact cardiovascular workout machine. It is ideal for people with joint problems or those who are recovering from injury. The bike allows you to control the resistance and speed, making it suitable for both beginners and advanced users. It also features a heart rate monitor to track your pulse during the workout.




**Sit-ups**  
 Sit-ups are a common core exercise. They involve lying on your back with your knees bent and feet flat on the floor, then lifting your upper body towards your knees.



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



Handstand

[illegible][illegible][illegible]

**4**

1. Stand with feet hip-width apart, toes slightly out.

2. Bend at hips and knees to lower the barbell to the floor, keeping your back straight.

3. Grip the barbell with your hands just outside your legs.

4. Lift the barbell by driving your feet into the floor and pushing your hips forward.

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

6. Lower the barbell back to the floor by bending at the hips and knees.

7. Repeat for the desired number of repetitions.

### ENDING CLASS

Thank you for attending this evening's program. We hope you enjoyed the evening and that you have learned something new. We will be happy to hear from you if you have any comments or suggestions. We will be happy to hear from you if you have any comments or suggestions. We will be happy to hear from you if you have any comments or suggestions.

[illegible]

Diagram illustrating the components of a Smith Machine:

- UPPER PULLEY
- LOWER PULLEY
- WEIGHT STACK
- GUIDE RAIL
- AND LOWER PULLEY
- AND LOWER PULLEY
- AND LOWER PULLEY

# Impex Fitness Exercise Guide For Multi Gym

**M Carnoy**



## **Impex Fitness Exercise Guide For Multi Gym:**

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