



# EXERCISE CHART

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**EXERCISE 30**

**TRAINING TIP**

1. Always warm up before your workout.

2. Use proper form to avoid injury.

3. Start with a low weight and increase as you get stronger.

4. Rest for 30 seconds between sets.

5. Drink plenty of water throughout your workout.

**SAFETY PRECAUTIONS**

1. Always use proper form.

2. Do not use too much weight.

3. Stop if you feel pain or discomfort.

4. Consult your doctor if you have any medical conditions.

**EXERCISE SAFETY**

1. Always use proper form.

2. Do not use too much weight.

3. Stop if you feel pain or discomfort.

4. Consult your doctor if you have any medical conditions.

**EQUIPMENT SAFETY**

1. Always use proper form.

2. Do not use too much weight.

3. Stop if you feel pain or discomfort.

4. Consult your doctor if you have any medical conditions.

**FROM YOUR MACHINE**

1. Always use proper form.

2. Do not use too much weight.

3. Stop if you feel pain or discomfort.

4. Consult your doctor if you have any medical conditions.

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**EXERCISE 50**

# Home Gym System Exercise Guide

**Jicheng Xie**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Home Gym System Exercise Guide:**

Eventually, you will unquestionably discover a extra experience and attainment by spending more cash. yet when? complete you acknowledge that you require to get those every needs following having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to comprehend even more around the globe, experience, some places, like history, amusement, and a lot more?

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