

EXERCISE CHART

[illegible]

RESEARCHERS HAVE DISCOVERED
that the use of a resistance band can
improve the strength and endurance
of the muscles of the lower back.
The study, conducted by researchers
at the University of Illinois at Chicago,
found that the use of a resistance band
can improve the strength and endurance
of the muscles of the lower back.
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WALKING, JOGGING
 Walking and jogging are low-impact exercises that can be done indoors or outdoors. They are great for improving cardiovascular health and burning calories. A 150-pound person can burn approximately 300 calories in 30 minutes of walking and 600 calories in 30 minutes of jogging.



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-UP
 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 to the starting position.



IMPROVING YOUR HEALTH

- Improves circulation
- Improves blood pressure
- 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 over 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.




Leg Press
The leg press is a compound exercise that works the quadriceps, hamstrings, and glutes. It is a great way to build lower body strength and muscle mass.



Seated Cable Row
This exercise targets the back muscles, including the latissimus dorsi, trapezius, and rhomboids. It is performed by pulling a cable handle towards the chest while seated.

[illegible]

EXERCISE BIKE
 The recumbent exercise bike is a low-impact, low-impact exercise machine that provides a cardiovascular workout. It is ideal for people with back pain or joint problems. The bike is designed to be used while lying down, which reduces the strain on the lower back and joints. It also features a heart rate monitor to track your heart rate during your 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 barbell is positioned on the floor in front of the feet.

2. The lifter bends at the hips and knees to grasp the barbell with an overhand grip.

3. The lifter lifts the barbell by extending the hips and knees, keeping the back straight.

4. The barbell is lifted to the knees, then to the hips, and finally to the standing position.

5. The lifter holds the barbell for a few seconds before lowering it back to the floor.



6. The barbell is lowered by bending at the hips and knees, keeping the back straight.

7. The barbell is placed back on the floor.



Handstand is a popular exercise for improving balance and core strength. It involves standing on one's hands with the feet and legs raised in the air. This exercise is often performed on a mat or a soft surface to prevent injury.

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Sexual Abuse

Sexual abuse is a crime that involves the use of force or coercion to engage in sexual acts. It can take many forms, including:

- Sexual assault
- Sexual harassment
- Sexual exploitation
- Sexual coercion

Sexual abuse can have serious physical and emotional consequences for the victim. It is important to seek help if you have been sexually abused.



4

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

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

3. Grip the barbell with hands just outside the knees.

4. Lift the barbell by driving the feet into the floor and pulling the bar up towards the chest.

5. Stand upright with the barbell resting on the thighs.

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

7. Repeat the exercise 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

Home Gym Exercise Manual

G Psacharopoulos



Home Gym Exercise Manual:

The Enigmatic Realm of **Home Gym Exercise Manual**: Unleashing the Language is Inner Magic

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