

EXERCISE CHART



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[illegible]

RESEARCHERS HAVE DISCOVERED
that the use of a resistance band can
improve the performance of a
variety of exercises. The band is
a simple, inexpensive device that
can be used to provide resistance
to a wide range of movements.
The band is made of a strong,
elastic material that can be used
to provide resistance to a wide
range of movements. The band
is made of a strong, elastic material
that can be used to provide
resistance to a wide range of
movements. The band is made of
a strong, elastic material that can
be used to provide resistance to
a wide range of movements.



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. Walking is a good starting point for beginners, while jogging is more challenging and burns more calories.

[illegible][illegible]

Heart rate monitor: This device is used to monitor heart rate during exercise. It is typically worn on the chest or wrist. The heart rate monitor is connected to a computer or a mobile device, which displays the heart rate data. The heart rate monitor is used to track heart rate during exercise, and it can be used to set heart rate targets. The heart rate monitor is also used to track heart rate during rest, and it can be used to set heart rate targets. The heart rate monitor is used to track heart rate during exercise, and it can be used to set heart rate targets. The heart rate monitor is also used to track heart rate during rest, and it can be used to set heart rate targets.



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 heart rate
- Improves lung capacity
- Improves muscle tone
- Improves overall fitness



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 chest.

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

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

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



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 people who ran for 30 minutes a day, five days a week, lost more weight and improved their heart health more than those who walked for the same amount of time.

HOW TO GET THE MOST OUT OF YOUR RUN
 To get the most out of your run, make sure you are wearing proper running shoes and that you are running on a soft surface, such as a track or a dirt path. Also, make sure you are running at a steady pace and that you are breathing properly.

THE BENEFITS OF RUNNING
 Running has many benefits, including improved cardiovascular health, weight loss, and increased energy. It is also a great way to relieve stress and improve your mood.

GETTING STARTED
 If you are new to running, start with a short run and gradually increase the distance over time. It is also important to warm up before you run and to stretch after you run.

CONCLUSION
 Running is a great way to improve your health and lose weight. Make sure you are wearing proper shoes and running on a soft surface, and gradually increase the distance over time.



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

The Science of Strength Training
 Dr. John P. Mittleman
 The book is a comprehensive guide to the science of strength training, covering the latest research on muscle growth, strength, and performance. It is a must-read for anyone interested in fitness and sports.

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

[illegible]

EXERCISE BIKE
 The recumbent exercise bike is a low-impact, low-injury machine that provides a cardiovascular workout. It is ideal for people with back pain or joint problems. The heart rate monitor is a small device that clips onto the finger and measures the heart rate. It is connected to the bike's console, which displays the heart rate and other workout statistics.



This is a full-body exercise that works the legs, buttocks, and core. It is a compound movement, meaning it involves multiple joints and muscle groups.



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



Handstand

[illegible][illegible][illegible]

1. Stand with feet hip-width apart, toes under knees. Grip the bar with hands shoulder-width apart.

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

3. Push through your heels to lift the bar, extending your hips and knees.

4. Stand tall with the bar over your feet, holding it for a moment before lowering it back to the floor.

[illegible][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 Training Guide Chart

Lei Huang

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

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