


## EXERCISE CHART



**1. The man in the white shirt and tie is sitting on a large, ornate chair.**

**2. He is looking down at a small, dark, round object on the floor.**

**3. The background is a light blue wall with a white door.**

[illegible]

• **Leg Press:** A person is shown using a large blue exercise machine, likely a leg press, to perform a leg press exercise.



**HEART RATE MONITORING**  
 Heart rate is a key indicator of cardiovascular fitness and is used to determine the intensity of exercise. A heart rate monitor (HRM) is a device that measures the heart rate during exercise. It can be used to track progress and adjust the intensity of the workout to achieve the desired fitness goals.

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**Leg Press**

1. Sit on the machine with your feet flat on the footplate.
2. Push the weight up with your legs, keeping your back against the seat.
3. Lower the weight back down, keeping your feet flat.
4. Repeat for the desired number of repetitions.

[illegible]

1. Sit on the machine with your feet under the footplate and your knees bent. Grasp the handles with both hands.

2. Pull the handles toward your chest, keeping your back straight and your feet flat on the floor.

3. Hold the contraction for a moment, then slowly return the handles to the starting position.

4. Repeat for the desired number of repetitions.



**RESEARCH** shows that dogs can help their owners lose weight. In a study published in the *Journal of Human Health*, researchers found that dogs who walked with their owners for 30 minutes a day helped them lose weight. The researchers also found that dogs who walked with their owners for 30 minutes a day helped them lose weight.



**EXERCISES AND SETS**  
 1. Seated cable row, 3 sets of 10-12 reps.  
 2. Seated cable row, 3 sets of 10-12 reps.  
 3. Seated cable row, 3 sets of 10-12 reps.  
 4. Seated cable row, 3 sets of 10-12 reps.  
 5. Seated cable row, 3 sets of 10-12 reps.



**How to do the Seated Cable Row:**

1. Sit on the machine with your feet on the footplate and your knees bent.
2. Grasp the handle with both hands.
3. Pull the handle towards 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.



**SEATED CABLE ROW**  
 1. Sit on the machine with feet under the footplate.  
 2. Grasp the handle with both hands.  
 3. Pull the handle towards your chest, squeezing your shoulder blades together.  
 4. Return the handle to the starting position.



**Lat pull-down**  
 The lat pull-down is a compound exercise that targets the latissimus dorsi muscle. It is performed by pulling a bar down from an overhead position to the chest. This exercise is effective for building back muscle and improving posture.



**HEART RATE MONITOR**  
 The heart rate monitor is a device that measures the heart rate of the user. It is a small device that is worn on the chest or wrist. It is used to monitor the heart rate during exercise.

[illegible]

**How to find the sacrum:**


The sacrum is a large, triangular bone in the lower back, between the lumbar and coccyx. It is the base of the spine and is made up of five vertebrae fused together. The sacrum is located in the center of the lower back, between the two hip bones. It is the largest and most prominent bone in the sacral region.

**How to find the sacrum:**


The sacrum is a large, triangular bone in the lower back, between the lumbar and coccyx. It is the base of the spine and is made up of five vertebrae fused together. The sacrum is located in the center of the lower back, between the two hip bones. It is the largest and most prominent bone in the sacral region.



1. The man is using a stationary bike on a gym floor.



**Backbend**  
 Backbends are a great way to stretch the spine and improve flexibility. They also help to strengthen the muscles of the back and improve posture. Backbends are a great way to relieve stress and tension in the body. They also help to improve circulation and boost energy levels. Backbends are a great way to improve your overall health and well-being.



**RELEVANT ANATOMICAL INFORMATION**

**Latissimus Dorsi** (Lat): This muscle is the primary mover in the lat pulldown. It originates from the lower thoracic and lumbar vertebrae and the iliac crest, and inserts into the humerus. Its contraction pulls the upper arm down towards the body.

**Triceps Brachii** (Tri): The triceps assist in the lat pulldown by extending the elbow. They originate from the humerus and insert into the olecranon of the ulna.

**Posterior Deltoid** (Post Del): The posterior deltoid helps in the lat pulldown by extending the shoulder. It originates from the scapula and inserts into the humerus.

**Other Muscles**: The lat pulldown also involves the biceps brachii (flexing the elbow), the anterior deltoid (flexing the shoulder), and the trapezius (stabilizing the scapula).

**Form and Technique**

1. **Setup**: Sit on the machine with your feet flat on the floor and your knees bent. Grasp the bar with a wide grip, slightly wider than shoulder-width.

2. **Execution**: Pull the bar down towards your chest, keeping your elbows close to your body. Focus on using your back muscles (lats) to pull the bar down.

3. **Control**: Lower the bar back to the starting position in a controlled manner, resisting the weight.

**Common Mistakes**


- Using Momentum**: Avoid using momentum to pull the bar down. Focus on a slow, controlled movement.
- Flaring Elbows**: Keep your elbows close to your body to maximize the effectiveness of the lat pulldown.
- Not Fully Contracting**: Ensure you are pulling the bar down as far as possible to fully contract the latissimus dorsi.

**Benefits**

- Strengthens Back Muscles**: The lat pulldown is a key exercise for building back strength.
- Improves Posture**: Strengthening the back muscles can help improve posture and reduce the risk of back pain.
- Increases Muscle Mass**: Regular lat pulldowns can lead to an increase in muscle mass in the back and arms.

**Conclusion**

The lat pulldown is a highly effective exercise for targeting the latissimus dorsi and other muscles of the back and arms. By following proper form and technique, you can maximize the benefits of this exercise and build a stronger, more muscular back.

[illegible]

**Lat Pull-Down**

1. Sit on the machine with your feet flat on the floor and your knees bent.
2. Grasp the bar with an overhand grip, shoulder-width apart.
3. Pull the bar down towards your chest, keeping your elbows close to your body.
4. Lower the bar back to the starting position in a controlled manner.

[illegible]



**Activity**

Students will be asked to draw a picture of a person who is in a wheelchair and is being helped by a person who is standing next to them.

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**Carotid Artery Massage**

Carotid artery massage is a technique used to temporarily stop blood flow to the brain. It is performed by applying pressure to the carotid artery, which is located on the side of the neck. This technique is used in some medical procedures, such as cardiac catheterization, to prevent blood clots from traveling to the brain. However, it is important to note that carotid artery massage should only be performed by a trained medical professional, as it can be dangerous if done incorrectly.



**DEADLIFT**  
**FUNCTION:** The deadlift is a multi-joint exercise that works the back, legs, and core. It is a compound exercise that can be used to build strength and muscle mass.

**FORM:** The deadlift is performed by standing with the feet hip-width apart, toes under the knees. The barbell is placed on the floor in front of the feet. The lifter bends at the hips and knees to grasp the barbell with an overhand grip. The lifter then lifts the barbell by extending the hips and knees, keeping the back straight and the head up. The barbell is lifted to the knees and then to the hips. The lifter then lowers the barbell back to the floor by bending at the hips and knees.

**CAUTIONS:** The deadlift is a heavy exercise that can be dangerous if performed incorrectly. It is important to use proper form and to avoid rounding the back. It is also important to warm up properly before performing the deadlift.

**ADAPTATIONS:** The deadlift can be adapted for different fitness levels. For example, a lighter weight can be used for beginners, and a heavier weight can be used for advanced lifters. The deadlift can also be performed with different grips, such as a mixed grip or a hook grip.

**CONCLUSION:** The deadlift is a fundamental exercise that is essential for building strength and muscle mass. It is a compound exercise that works the back, legs, and core. It is important to use proper form and to avoid rounding the back. It is also important to warm up properly before performing the deadlift.

**KINETIC CHAIN ANALYSIS**

UPPER TORSO

LOWER TORSO

KNEES

FEET

ANKLES

Diagram illustrating the kinetic chain analysis of a person performing a deadlift, showing the alignment of the upper torso, lower torso, knees, feet, and ankles.

# Gym Routine Manual

**A Gutmann**



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