

EXERCISE CHART

[illegible][illegible]

RESEARCHERS HAVE DISCOVERED
that the most effective way to
lose weight is to combine
aerobic and resistance
training. The combination
can burn up to 1,000
calories per session, and
helps to build muscle, which
burns more calories at rest.
The researchers also found
that the combination of
aerobic and resistance
training can help to reduce
the risk of heart disease and
improve overall health.



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.



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 accordingly.

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 intensity as needed.
4. Use the heart rate monitor to track your progress over time.

[illegible]

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 steady.
4. Hold the contraction for a moment.
5. Release the handle and repeat.



Deadlift
The deadlift is a compound lift that works the back, legs, and core. It is performed by lifting a barbell from the floor to a standing position.

[illegible]

SEATED CABLE ROW

1. Sit on the machine with feet flat on the floor.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest, keeping your back straight.
4. Hold the contraction for a moment.
5. Release the handle and repeat.



THE ADVANTAGE OF THE GYM:
 • You can work out at any time of day.
 • You can work out with a personal trainer.
 • You can work out with a group.
 • You can work out with a personal trainer.
 • You can work out with a group.
 • You can work out with a personal trainer.
 • You can work out with a group.



Lat pull-down
 This exercise is performed on a lat pull-down machine. The person is seated and holds the bar with both hands. They pull the bar down towards their chest, then release it back up. This exercise targets the latissimus dorsi muscle.



The sculpture is a large, dark, abstract form. It features a vertical pole with a horizontal arm extending from it. A large, dark, curved shape, resembling a stylized letter 'C' or a wing, is attached to the pole. The woman is standing next to the sculpture, looking at it.



STATIONARY BIKE
 A stationary bike is a great way to get your heart rate up and burn calories. It's also a low-impact exercise that's easy on the joints. If you're looking for a challenge, try interval training on the bike. This involves alternating between periods of high intensity and low intensity. For example, you could pedal as fast as you can for 30 seconds, then slow down to a comfortable pace for 1 minute. Repeat this cycle for 10-15 minutes.



Handstand
The gymnast performs a handstand on the pommel horse, demonstrating balance and strength.



1. **Cardiovascular**
 2. **Musculoskeletal**
 3. **Endocrine**
 4. **Immune**
 5. **Nervous**
 6. **Respiratory**
 7. **Digestive**
 8. **Excretory**
 9. **Reproductive**
 10. **Integumentary**



Backflip
The backflip is a common acrobatic move. It involves jumping up and flipping backwards in the air. The person in the image is captured mid-air, with their arms and legs extended to maintain balance.



BACK EXTENSION
This exercise is performed on a machine that allows the user to lie face down with their arms extended forward. The user then lifts their torso and arms, creating a powerful contraction of the back muscles. This exercise is particularly effective for strengthening the lower back and improving posture.



WALKING
Walking is a low-impact exercise that can be done anywhere. It's a great way to get moving and burn calories. Try walking briskly for 30 minutes a day, five days a week. You can also try interval walking, where you alternate between walking and jogging.

JOGGING
Jogging is a low-impact exercise that can be done anywhere. It's a great way to get moving and burn calories. Try jogging for 30 minutes a day, five days a week. You can also try interval jogging, where you alternate between jogging and walking.

SWIMMING
Swimming is a low-impact exercise that can be done anywhere. It's a great way to get moving and burn calories. Try swimming for 30 minutes a day, five days a week. You can also try interval swimming, where you alternate between swimming and walking.

BIKING
Biking is a low-impact exercise that can be done anywhere. It's a great way to get moving and burn calories. Try biking for 30 minutes a day, five days a week. You can also try interval biking, where you alternate between biking and walking.

YOGA
Yoga is a low-impact exercise that can be done anywhere. It's a great way to get moving and burn calories. Try yoga for 30 minutes a day, five days a week. You can also try interval yoga, where you alternate between yoga and walking.

STRETCHING
Stretching is a low-impact exercise that can be done anywhere. It's a great way to get moving and burn calories. Try stretching for 30 minutes a day, five days a week. You can also try interval stretching, where you alternate between stretching and walking.

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100%
PROTEIN
 100% WHEY PROTEIN CONCENTRATE
 100% LACTOSE
 100% SUGAR
 100% FAT
 100% CARBOHYDRATE
 100% CALORIES



Illustration

Illustration is a visual representation of a concept or idea. It can be used to explain a process, show a relationship, or provide a visual aid for a presentation. Illustrations can be created using various tools and techniques, including drawing, painting, and digital software.

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STRETCHING: BACKBEND

1. Stand with feet hip-width apart, arms at your sides.

2. Inhale and lift your hips, arching your back.

3. Hold for 15-30 seconds.

4. Exhale and return to the starting position.

5. Repeat 3-5 times.

REPEAT 3-5 TIMES



10. Recumbent Exercise Bikes
 Recumbent exercise bikes are designed for low-impact, low-intensity workouts. They are ideal for individuals with joint issues or those seeking a gentle cardiovascular workout. The user lies back, and the pedals are positioned in front of them. The bike is supported by a sturdy frame, and the seat is padded for comfort. The intensity can be adjusted by changing the resistance level.

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.

ESSENTIAL SAFETY

When you use your car, you are responsible for your safety. Remember:
 • Always wear your seat belt. Buckle up!
 • Don't drink and drive. It's the law.
 • Don't use your cell phone while driving.
 • Don't speed. It's the law.
 • Don't use your car if you're too tired to drive.
 • Don't use your car if you're too drunk to drive.
 • Don't use your car if you're too high to drive.
 • Don't use your car if you're too angry to drive.
 • Don't use your car if you're too sad to drive.
 • Don't use your car if you're too scared to drive.
 • Don't use your car if you're too nervous to drive.
 • Don't use your car if you're too shy to drive.
 • Don't use your car if you're too embarrassed to drive.
 • Don't use your car if you're too insecure to drive.
 • Don't use your car if you're too self-conscious to drive.
 • Don't use your car if you're too uptight to drive.
 • Don't use your car if you're too uptight to drive.

SEATED CABLE ROW MACHINE

UPPER PULLEY

LOWER PULLEY

SEATED ROW

SEATED ROW (CABLE)

Gym Routine Manual

Susie Cornell

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

Gym Routine Manual:

Uncover the mysteries within Explore with is enigmatic creation, **Gym Routine Manual** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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