

EXERCISE CHART

[illegible][illegible]

RESEARCHERS HAVE DISCOVERED
that the most effective way to
lose weight is to combine
aerobic and resistance
training. The combination
of the two types of exercise
can burn up to 1,000
calories per session, and
helps to build muscle, which
burns more calories than
fat. The combination of
aerobic and resistance
training is the most effective
way to lose weight and
improve your 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 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.

[illegible]

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-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 muscle tone
- Improves flexibility
- Improves balance
- Improves posture
- Improves coordination
- Improves reaction time
- Improves speed
- Improves endurance
- Improves strength
- Improves agility
- Improves focus
- Improves concentration
- Improves memory
- Improves learning
- Improves problem-solving
- Improves decision-making
- Improves communication
- Improves social skills
- Improves emotional stability
- Improves mental health
- Improves physical health
- Improves overall well-being



QUESTION

Which of the following is a common mistake when performing a deadlift?

- Using a rounded lower back
- Using a flat lower back
- Using a rounded upper back
- Using a flat upper back
- Using a rounded neck
- Using a flat neck
- Using a rounded head
- Using a flat head

ANSWER

A. Using a rounded lower back



RESEARCHERS SAY THAT
 RUNNING ON A
 TREADMILL CAN
 IMPROVE YOUR
 VOICE RANGE AND
 TONE.

IMPROVE YOUR VOICE
 AND TONE BY
 RUNNING ON A
 TREADMILL. IT
 CAN IMPROVE
 YOUR VOICE
 RANGE AND TONE
 BY IMPROVING
 YOUR BREATHING
 AND VOICE
 RANGE AND TONE.



IMPROVE YOUR VOICE
 AND TONE BY
 RUNNING ON A
 TREADMILL. IT
 CAN IMPROVE
 YOUR VOICE
 RANGE AND TONE
 BY IMPROVING
 YOUR BREATHING
 AND VOICE
 RANGE AND TONE.




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.

How to perform:
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 in a controlled manner.

Benefits:
- Builds lower body strength and muscle mass.
- Improves leg power and endurance.
- Can be performed with a wide range of weights.



1. Sit on the machine with your feet under 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-risk cardiovascular workout. It is ideal for people with back pain, joint problems, or those who are new to exercise. The bike is designed to be used while sitting, which reduces the strain on the lower back and joints. It also allows for a wide range of motion, making it suitable for both beginners and advanced users. The heart rate monitor is a useful feature for tracking progress and ensuring the workout is at the right intensity.



[illegible]

Leg Press

1. Lie on your back with your feet flat on the platform.
2. Push the weight up with your legs until they are straight.
3. Lower the weight down until your knees are bent at a 90-degree angle.
4. Repeat for the desired number of repetitions.



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 to provide a soft surface for the hands and feet. The person in the image is wearing a blue long-sleeved shirt and blue pants, and is performing a handstand on a blue mat. A small inset image shows a person standing on a mat, possibly demonstrating a different exercise or a different angle of the same exercise.

[illegible][illegible]

THEORY

1. The first step is to identify the problem.

2. The second step is to define the problem.

3. The third step is to analyze the problem.

4. The fourth step is to develop a solution.

5. The fifth step is to implement the solution.

6. The sixth step is to evaluate the solution.

7. The seventh step is to monitor the solution.

8. The eighth step is to maintain the solution.

9. The ninth step is to improve the solution.

10. The tenth step is to document the solution.



1. Stand with feet hip-width apart, toes under the 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. Drive your feet into the floor and lift the bar by extending your hips and knees, returning to the starting position.

[illegible]

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 are too tired to drive.
 • Don't use your car if you are too drunk to drive.
 • Don't use your car if you are too high to drive.
 • Don't use your car if you are too angry to drive.
 • Don't use your car if you are too sad to drive.
 • Don't use your car if you are too scared to drive.
 • Don't use your car if you are too nervous to drive.
 • Don't use your car if you are too shy to drive.
 • Don't use your car if you are too embarrassed to drive.
 • Don't use your car if you are too insecure to drive.
 • Don't use your car if you are too self-conscious to drive.
 • Don't use your car if you are too uptight to drive.
 • Don't use your car if you are too uptight to drive.

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

Gym Routine Manual

Rachel S Tattersall



Gym Routine Manual:

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