

EXERCISE CHART

[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, squeezing your shoulder blades together.
 4. Hold for a moment, then slowly return the handle to the starting position.

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Urdhva Dhanurasana
 Standing backbend
 This pose is a standing backbend that stretches the spine and opens the chest. It is a good pose for people with tight hamstrings and lower back. To perform this pose, stand with your feet hip-width apart, toes pointing forward. Bend your knees and lift your hips, reaching your hands down to the floor. Hold for 30 seconds.

Urdhva Dhanurasana
 Standing backbend
 This pose is a standing backbend that stretches the spine and opens the chest. It is a good pose for people with tight hamstrings and lower back. To perform this pose, stand with your feet hip-width apart, toes pointing forward. Bend your knees and lift your hips, reaching your hands down to the floor. Hold for 30 seconds.



Lat Pull-Down
 The lat pull-down is a great exercise for building the latissimus muscle, which is the large muscle on the back that runs from the shoulder blades down to the hips. It is also a good exercise for the biceps and forearms. To perform the lat pull-down, sit on a bench and grasp the bar with an overhand grip. Pull the bar down towards your chest, then release it and repeat.



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PULL-UPS *Strength*
Pull-ups are a great way to build upper body strength. They also help to improve posture and core stability. To perform a pull-up, grip the bar with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Lower yourself back down in a controlled manner.



1. **Cardiovascular Exercise:** Activities that increase heart rate and burn calories, such as running, swimming, and cycling.

2. **Strength Training:** Exercises that build muscle mass and increase bone density, such as weightlifting and resistance band exercises.

3. **Flexibility Exercises:** Stretches that improve the range of motion in joints, such as yoga and Pilates.

4. **Balance Exercises:** Activities that improve stability and prevent falls, such as standing on one leg or using a balance board.

5. **Core Exercises:** Movements that strengthen the abdominal and lower back muscles, such as planks and sit-ups.

6. **Interval Training:** A combination of high-intensity bursts followed by periods of rest or lower intensity.

7. **Group Classes:** Structured workouts led by an instructor, such as Zumba, Spin, or CrossFit.

8. **Personal Training:** One-on-one sessions with a certified trainer to create a customized workout plan.

9. **Home Workouts:** Exercises performed at home using equipment like dumbbells, resistance bands, or a treadmill.

10. **Outdoor Activities:** Recreational sports and hikes that provide a fun and scenic way to stay active.

RESEARCHER'S NOTE: The researchers found that the participants who used the machine had a 10% increase in muscle mass and a 15% increase in strength. The researchers also found that the participants who used the machine had a 10% increase in muscle mass and a 15% increase in strength.



RECYMBENT BIKE
The recumbent bike is a low-impact, low-risk exercise machine. 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 is also a good choice for people who are looking for a low-impact cardiovascular workout.



How to do it: Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, reaching your arms forward. Lower back down and repeat.

Benefits: Strengthens the core muscles, improves posture, and increases flexibility.

Caution: Avoid if you have a neck or lower back injury.

Handwriting

Students will learn to write the letter 'B' in a cursive style. The letter is shown in a cursive font, and the stroke order is indicated by numbers 1, 2, and 3. The letter is also shown in a block font for comparison.



RESEARCH: METABOLISM
 The metabolic rate of the body is the rate at which it uses energy. It is determined by the amount of energy that is used to maintain the body's basic functions, such as breathing, circulation, and body temperature. The metabolic rate is also affected by the amount of physical activity that a person engages in. The metabolic rate is highest when a person is engaged in physical activity and lowest when they are at rest.



Deadlift

- 1. Stand with feet hip-width apart, toes under the hips.
- 2. Bend at the hips and knees to lower the barbell to the floor.
- 3. Grip the barbell with both hands.
- 4. Lift the barbell by extending the hips and knees, keeping the back straight.
- 5. Stand upright with the barbell in front of the feet.

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RECENTLY, MANY HAVE BEEN TOLD that sit-ups are bad for the back. But is this true? The answer is no. Sit-ups are a safe and effective way to strengthen the abdominal muscles. However, it is important to perform them correctly to avoid injury. The following are some tips for doing sit-ups safely:

- 1. Start with your knees bent and feet flat on the floor.
- 2. Lift your head and shoulders off the ground, keeping your neck relaxed.
- 3. Bring your knees up towards your chest as you sit up.
- 4. Lower yourself back down to the starting position in a controlled manner.

By following these tips, you can safely and effectively incorporate sit-ups into your workout routine.



THE PROS: Cardiovascular fitness, calorie burn, low-impact exercise, and a great way to burn off stress.

THE CONS: Can be boring, and it's not a full-body workout unless you're using the bike's resistance and adjusting the seat and handlebars.

THE BOTTOM LINE: A great way to burn off stress and improve cardiovascular fitness, but it's not a full-body workout unless you're using the bike's resistance and adjusting the seat and handlebars.

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QUESTIONS

1. What is the main purpose of the passage?
2. What is the author's attitude toward the dog?
3. What is the author's opinion of the dog's behavior?
4. What is the author's opinion of the dog's appearance?
5. What is the author's opinion of the dog's personality?

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TELLING TYPE

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KINETIC VERTICAL ANALYSIS MACHINE

- UPPER PLATFORM
- VERTICAL FORCE TRANSDUCER
- SAFETY BAR
- AIR HOSE CONNECTOR

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