


## 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 and a window.**

[illegible]

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



**HEART RATE MONITORING**  
 Heart rate is a good indicator of the intensity of your workout. A heart rate monitor can be used to track your heart rate during exercise. There are two main types of heart rate monitors: chest strap and wrist/watch. Chest strap monitors are more accurate but can be uncomfortable. Wrist/watch monitors are more convenient but less accurate. To use a heart rate monitor, simply wear the device and it will display your heart rate on a screen or as a beep. Most heart rate monitors have a target heart rate range that you can set. This range is typically based on your age and fitness level. If your heart rate is within this range, you are working at an appropriate intensity. If it is too low, you need to increase the intensity of your workout. If it is too high, you need to decrease the intensity. Heart rate monitoring can be a useful tool for tracking your progress and ensuring you are working at the right intensity for your goals.



**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.

**STANDARD TYPE**

**Standard type** is a type of steel that is used for general engineering purposes. It is a low alloy steel with a carbon content of 0.25 to 0.30 percent. It is used for a wide range of applications, including structural steel, machinery, and automotive parts.

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1. Sit on the machine with your feet on 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 by the University of Illinois, dogs were found to encourage their owners to walk more. The researchers found that owners who walked their dogs for 30 minutes a day lost more weight than those who did not. This is because dogs encourage their owners to walk more, and walking is a great way to burn calories.



**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 this exercise:**

1. Sit on the machine with your feet on the footplate.
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.




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[illegible]

**SEATED CABLE ROW**  
 This exercise targets the latissimus dorsi, trapezius, and rhomboid muscles. It is performed by sitting on a bench, holding a cable handle with both hands, and pulling it towards the chest while keeping the elbows close to the body.

1. **Identifying the problem**  
 2. **Identifying the cause**  
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**HEART RATE MONITORING**  
 A heart rate monitor is a device that measures the heart rate of a person during exercise. It is typically worn on the chest or wrist. The heart rate monitor sends a signal to a computer or a mobile device, which displays the heart rate on a screen. This allows the person to monitor their heart rate during exercise and adjust their intensity accordingly.

### IMPROVING SAFETY

Control your company's exposure to workplace violence. Develop a plan to protect your workers from the most common workplace violence. This includes taking actions to prevent workplace violence, responding to workplace violence, and providing training to employees. Workplace violence can be prevented by taking the following steps:

- Establish a workplace violence prevention program.
- Train employees on workplace violence prevention.
- Establish a workplace violence response plan.
- Establish a workplace violence reporting system.
- Establish a workplace violence investigation system.
- Establish a workplace violence disciplinary system.
- Establish a workplace violence recovery system.
- Establish a workplace violence prevention system.

The following steps can help you develop a workplace violence prevention program:

1. Establish a workplace violence prevention committee.
2. Develop a workplace violence prevention policy.
3. Develop a workplace violence prevention training program.
4. Develop a workplace violence prevention response plan.
5. Develop a workplace violence prevention reporting system.
6. Develop a workplace violence prevention investigation system.
7. Develop a workplace violence prevention disciplinary system.
8. Develop a workplace violence prevention recovery system.
9. Develop a workplace violence prevention prevention system.

For more information on workplace violence prevention, visit the following website:

<http://www.osha-slc.gov>




**Urdhva Dhanurasana**  
 Standing backbend  
 This pose is a standing backbend that stretches the spine, shoulders, and hips. It is a good pose for improving posture and flexibility. To perform this pose, stand with your feet hip-width apart, arms extended upwards, and lift your hips to bring your knees towards your head. Hold for 30 seconds.



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 Standing backbend  
 This pose is a standing backbend that stretches the spine, shoulders, and hips. It is a good pose for improving posture and flexibility. To perform this pose, stand with your feet hip-width apart, arms extended upwards, and lift your hips to bring your knees towards your head. Hold for 30 seconds.



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



**Backbend**  
This pose is a great way to stretch the spine and improve flexibility. It also helps to strengthen the back muscles and improve posture. To perform this pose, lie on your back with your knees bent and feet flat on the floor. Reach your hands up to your feet, pulling your knees towards your chest. Hold for 30 seconds.



**BACK EXTENSION**  
This exercise is performed on a machine that allows the user to lie face down with their legs and feet secured. The user then lifts their torso and head off the ground, holding the position for a few seconds before lowering back down. This exercise is used to strengthen the lower back muscles.



**DEADLIFT**

1. Stand with feet shoulder-width apart, toes slightly out.

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


3. Grip the barbell with hands just outside the knees.

4. Lift the barbell by driving the feet into the floor and pushing the hips forward.

5. Stand tall with the barbell resting on the thighs.

6. Lower the barbell back to the floor by hinging at the hips and knees.

7. Repeat for the desired number of repetitions.

[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.



**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:** Strengthens the lower back, buttocks, and legs.  
**MUSCLES:** Erector spinae, gluteus maximus, hamstrings, and lower back.  
**EXERCISE:** Stand with feet hip-width apart, toes under the knees. Bend at the hips and knees to pick up a barbell from the floor. Keep the back straight and the head up. Lift the barbell by extending the hips and knees. Stand upright with the barbell in front of the legs. Lower the barbell back to the floor by bending at the hips and knees. Repeat.

**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.

# Guide To Home Gym Workout

**Huangqi Zhang**

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.

## **Guide To Home Gym Workout:**

## The Enigmatic Realm of **Guide To Home Gym Workout**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Guide To Home Gym Workout** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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