


EXERCISE CHART

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• **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. The monitor can be worn on the wrist or chest. The chest strap monitor is more accurate than the wrist monitor. The monitor can be used to set a target heart rate range. The target heart rate range is the range of heart rates that you should aim to maintain during exercise. The target heart rate range is calculated based on your age and maximum heart rate. The target heart rate range is typically 50-85% of your maximum heart rate. The monitor can also be used to track your heart rate recovery. Heart rate recovery is the time it takes for your heart rate to return to its resting rate after exercise. A faster heart rate recovery indicates a better cardiovascular fitness.



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.

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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 toward your chest, keeping your back straight and your feet flat on the floor.
 4. Squeeze your shoulder blades together.
 5. Hold the contraction for a moment, then slowly return the handle to the starting position.
 6. Repeat for the desired number of repetitions.



Exercise 1: Pull-up
 1. Grasp the bar with an overhand grip, hands shoulder-width apart.
 2. Pull your body up until your chin is above the bar.
 3. Lower yourself back down in a controlled manner.



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How to do the Seated Cable Row:

1. Sit on the machine with your feet on the footplate and knees bent.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest, keeping your back straight and core engaged.
4. Squeeze your shoulder blades together at the end of the movement.
5. Lower the handle back down in a controlled manner.
6. Repeat for the desired number of repetitions.



International Day of the Girl
 November 10
 The United Nations observes the International Day of the Girl every year on November 10. The day is dedicated to raising awareness of the challenges girls face around the world and to celebrating their achievements. The theme for the 2023 International Day of the Girl is "Empowering Adolescent Girls and Young Women".

IMPROVING QUALITY

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1. Sit-ups
 Sit-ups are a great way to strengthen your core muscles. To do a sit-up, lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, and then sit up. Repeat for 10-15 reps.

2. Plank
 The plank is a great way to strengthen your core muscles. To do a plank, lie on your stomach with your elbows on the floor and your body in a straight line. Hold for 30 seconds.


3. Squats
 Squats are a great way to strengthen your leg muscles. To do a squat, stand with your feet shoulder-width apart and your hands on your hips. Lower your body down as if you were sitting in a chair, and then stand back up. Repeat for 10-15 reps.

4. Rowing
 Rowing is a great way to strengthen your back muscles. To do a rowing motion, lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, and then pull your knees towards your chest. Repeat for 10-15 reps.

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 The 100 Best Exercises for Men is a comprehensive guide to the most effective exercises for men. It includes a list of 100 exercises, each with a description of the exercise, the muscles it works, and the benefits it provides. The exercises are arranged in order of difficulty, from easy to hard. The book also includes a section on how to choose the right exercise for you, and a section on how to avoid injury.

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



HEART RATE MONITORING

Heart rate monitoring is a key component of any fitness program. It allows you to track your heart rate during exercise, ensuring you are working at the right intensity. There are several ways to monitor your heart rate, including using a heart rate monitor strap, a chest strap, or a wrist-worn device. Heart rate monitoring can help you track your progress, set goals, and adjust your workout as needed.

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The following information is provided for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



...the most common form of exercise. It's also one of the most effective. A 15-minute session on a stationary bike can burn up to 300 calories, depending on your weight and the intensity of the workout. And, unlike running, it's low-impact, making it a great choice for people with joint problems or those who are just starting out.

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PULL-UPS
The pull-up is a compound exercise that works the back, biceps, and forearms. It is a great way to build upper body strength and endurance. 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, and then lower yourself back down in a controlled manner.



BENCH PRESS
The bench press is a compound exercise that works the chest, shoulders, and triceps. It is a great way to build upper body strength and endurance. To perform a bench press, lie on a flat bench with your feet flat on the floor, grip the bar with your hands shoulder-width apart, and press the bar up until your arms are fully extended.



DEADLIFT
The deadlift is a compound exercise that works the back, legs, and core. It is a great way to build lower body strength and endurance. To perform a deadlift, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and lift the bar by pulling it up towards your knees.



SQUAT
The squat is a compound exercise that works the legs, glutes, and core. It is a great way to build lower body strength and endurance. To perform a squat, stand with your feet hip-width apart, lower your body down until your thighs are parallel to the floor, and then push back up to the starting position.



SHOULDER PRESS
The shoulder press is a compound exercise that works the shoulders, triceps, and core. It is a great way to build upper body strength and endurance. To perform a shoulder press, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and press the bar up until your arms are fully extended.



TRICEP EXTENSION
The tricep extension is a compound exercise that works the triceps and core. It is a great way to build upper body strength and endurance. To perform a tricep extension, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and extend the bar down behind your head.



BICEP CURL
The bicep curl is a compound exercise that works the biceps and core. It is a great way to build upper body strength and endurance. To perform a bicep curl, stand with your feet hip-width apart, grip the bar with your hands shoulder-width apart, and curl the bar up towards your shoulders.



CORE EXERCISE
The core exercise is a compound exercise that works the core muscles. It is a great way to build core strength and endurance. To perform a core exercise, lie on your back with your knees bent and feet flat on the floor, lift your head and shoulders off the ground, and hold the position for a few seconds.



1. **Heart rate monitor:** A device that measures your heart rate during exercise. It can be worn on your chest or as a wristband.

2. **Heart rate zone:** A range of heart rates that is considered optimal for a specific type of exercise. For example, a heart rate zone of 140-160 bpm is considered optimal for aerobic exercise.

3. **Heart rate reserve:** The difference between your maximum heart rate and your resting heart rate. It is a measure of your cardiovascular fitness.

4. **Heart rate variability:** A measure of the variation in time between heartbeats. It is a measure of your autonomic nervous system's ability to regulate your heart rate.

5. **Heart rate recovery:** The time it takes for your heart rate to return to its resting level after exercise. It is a measure of your cardiovascular fitness.

6. **Heart rate variability (HRV):** A measure of the variation in time between heartbeats. It is a measure of your autonomic nervous system's ability to regulate your heart rate.

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Diagram illustrating the components of a crane:

- LIFTING CAPACITY
- LIFTING HEIGHT
- LIFTING SPEED
- LIFTING WEIGHT



Deadlift is one of the most important exercises in strength training. It involves lifting a barbell from the floor to a standing position, keeping the back straight and the feet flat on the ground. This exercise works the back, legs, and core muscles.



Physical Disabilities
Physical disabilities are those that affect a person's ability to move or use their body. Examples include amputation, paralysis, and chronic pain.

Visual Disabilities
Visual disabilities are those that affect a person's ability to see. Examples include blindness and low vision.

Hearing Disabilities
Hearing disabilities are those that affect a person's ability to hear. Examples include deafness and hearing loss.

Intellectual Disabilities
Intellectual disabilities are those that affect a person's ability to think and learn. Examples include Down syndrome and autism.

Psychiatric Disabilities
Psychiatric disabilities are those that affect a person's mental health. Examples include depression and anxiety.

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1. The person is seated on the machine with their feet flat on the footplate and knees bent at approximately 90 degrees.

2. The person pushes the weight up with their legs, extending the knees until the thighs are parallel to the ground.

3. The person lowers the weight back down, controlling the descent.

4. The person repeats the movement for the desired number of repetitions.

FIGURE 10-10
SEATED LEG EXTENSION

Gym Routine Manual

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