


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. Return the handle to the starting position and repeat.

[illegible]

Urdhva Dhanurasana
 Standing backbend
 This pose is a standing backbend that stretches the spine and opens the chest. It is performed by standing with feet hip-width apart, arms extended upwards, and lifting the hips to bring the knees towards the crown of the head. The hands are placed on the floor behind the feet, and the body is lifted into a bridge shape.

[illegible][illegible]

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

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 want to burn calories and improve cardiovascular fitness.



Exercise 1: Sit-up
 This exercise is performed on a mat. The person lies on their back with knees bent and feet flat on the floor. They lift their head and shoulders off the ground, reaching their arms forward. This exercise strengthens the abdominal muscles.

Activity 1

Students are given a set of cards with different shapes and colors. They are asked to sort the cards into groups based on a specific attribute (e.g., color or shape).

Activity 2

Students are given a set of cards with different shapes and colors. They are asked to sort the cards into groups based on a specific attribute (e.g., color or shape).

[illegible]

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, keeping the back straight.
3. Grip the barbell with both hands, palms facing down.
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.
6. Lower the barbell back to the floor by bending at the hips and knees.

[illegible]

RECENTLY, MANY HAVE BEEN
ADVISING THAT
PERFORMING SIT-UPS
ON A MACHINE
IS BETTER THAN
DOING THEM
ON THE FLOOR.
WHILE THIS MAY
SEEM LIKE A
GOOD IDEA,
IT'S NOT.
THE REASON
IS THAT
THE MACHINE
IS NOT
DESIGNED
TO
PROTECT
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NECK
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Posture

Proper posture is essential for maintaining good health and preventing back pain. It involves keeping the spine in a neutral, balanced position. Poor posture can lead to muscle strain, joint pain, and even chronic back problems. To maintain good posture, it's important to be aware of your body's alignment and make adjustments as needed. This includes keeping the head, neck, and shoulders in a straight line, with the shoulders over the hips and ankles. Regular exercise and stretching can also help improve posture and strengthen the muscles that support the spine.




THE STATIONARY BICYCLE

- Burns 300-600 calories per session
- Improves cardiovascular fitness
- Strengthens leg muscles
- Low impact on joints
- Can be used indoors or outdoors
- Suitable for all ages and fitness levels
- Can be used for rehabilitation
- Can be used for weight loss
- Can be used for endurance training
- Can be used for interval training

Monitoring vital signs

The patient's vital signs are monitored continuously during transport. The patient is positioned on a gurney, and the vital signs are monitored by a nurse or paramedic.



WARM-UP

1. Jog in place for 5 minutes.

2. Perform the following exercises for 10 minutes each:

- Squats
- Lunges
- Push-ups
- Plank
- Side plank
- Core exercises

MAIN WORKOUT

1. Run on the treadmill for 30 minutes at a moderate pace.

2. Perform the following exercises for 10 minutes each:

- Running
- Jogging
- Walking
- Cycling
- Swimming
- Rowing

Cool-down

1. Walk for 5 minutes.

2. Perform the following exercises for 10 minutes each:

- Stretching
- Yoga
- Pilates
- Tai Chi
- Meditation
- Breathing exercises



QUESTIONS

1. What is the name of the dog?
2. What is the name of the man?
3. What is the name of the dog's owner?
4. What is the name of the dog's owner's friend?
5. What is the name of the dog's owner's friend's friend?
6. What is the name of the dog's owner's friend's friend's friend?
7. What is the name of the dog's owner's friend's friend's friend's friend?
8. What is the name of the dog's owner's friend's friend's friend's friend's friend?
9. What is the name of the dog's owner's friend's friend's friend's friend's friend's friend?
10. What is the name of the dog's owner's friend's friend's friend's friend's friend's friend's friend?

[illegible][illegible][illegible]

ESSENTIAL SAFETY

When you work with a hydraulic system, you must understand the safety hazards involved. Hydraulic systems can store a great deal of energy. When the system is under pressure, it can release that energy in a sudden, violent manner. This can result in serious injury or even death. To prevent this, you must follow the following safety rules:

- Always wear your seat belt when working on a hydraulic system.
- Always use proper lifting techniques when moving heavy components.
- Always use the correct tools and equipment for the job.
- Always make sure the system is properly supported before working on it.
- Always make sure the system is properly vented before working on it.
- Always make sure the system is properly bled before working on it.
- Always make sure the system is properly filled before working on it.
- Always make sure the system is properly sealed before working on it.
- Always make sure the system is properly tested before working on it.
- Always make sure the system is properly maintained before working on it.

By following these safety rules, you can help to prevent accidents and injuries when working with a hydraulic system.

KINETIC VERTICAL ANALYSIS MACHINE

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

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RS Peters



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