

## EXERCISE CHART

[illegible]

**RESEARCHERS HAVE DISCOVERED**  
that the use of a resistance band can  
improve the strength and endurance  
of the muscles of the lower back.  
The study, conducted by researchers  
at the University of Illinois at Chicago,  
found that the use of a resistance band  
can improve the strength and endurance  
of the muscles of the lower back.  
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at the University of Illinois at Chicago,  
found that the use of a resistance band  
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of the muscles of the lower back.



**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. A 150-pound person can burn approximately 300 calories in 30 minutes of walking and 600 calories in 30 minutes of jogging.



**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-UP**  
 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 to the starting position.



**IMPROVING YOUR HEALTH**

- Improves circulation
- Improves blood pressure
- Improves heart rate
- Improves muscle tone
- Improves overall health



**QUESTION: WHAT IS THE CORRECT MOVEMENT?**

1. The feet should be shoulder-width apart.

2. The bar should be in front of the feet.

3. The back should be rounded.

4. The knees should be bent.

5. The hips should be pushed back.

6. The bar should be pulled up to the knees.

7. The bar should be pulled up to the waist.

8. The bar should be pulled up to the chest.

9. The bar should be pulled up to the shoulders.

10. The bar should be pulled up to the head.




**RESEARCHERS SAY THAT**  
 running is the best way to lose weight and improve cardiovascular health. A study published in the *Journal of Sports Medicine* found that runners who jog for 30 minutes a day, five times a week, can burn up to 1,000 calories per session. This is equivalent to the energy stored in a pound of fat. The study also found that regular running can improve blood circulation and reduce the risk of heart disease. For those looking to lose weight, running is a highly effective and accessible exercise.




**Leg Press**  
The leg press is a compound exercise that works the quadriceps, hamstrings, and glutes. It is performed by sitting on a machine with your feet flat on the platform and pushing the weight up with your legs.

**THE SCIENCE OF STRENGTH TRAINING**  
 Dr. John P. Mittleman


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**Leg Press**  
The leg press is a compound exercise that targets the quadriceps, hamstrings, and glutes. It is performed by lying on a leg press machine and pushing a weighted sled away from the body.



**Heart Rate Monitor**  
A heart rate monitor is a device that measures your heart rate during exercise. It can be used to track your heart rate and ensure you are exercising at a safe and effective level. There are two main types of heart rate monitors: chest strap and wrist/watch. Chest strap monitors are more accurate but can be uncomfortable to wear. Wrist/watch monitors are more convenient but less accurate. Both types can be used to track your heart rate during exercise and provide feedback on your heart rate zone.



**Sit-ups**  
 Sit-ups are a common core exercise. They involve lying on your back with your knees bent and feet flat on the floor, then lifting your upper body towards your knees.





1. The person is using a stationary bike on a treadmill.



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 or a soft surface to prevent injury.

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[illegible][illegible]

**Sexual Abuse**

Sexual abuse is a crime that involves the use of force or coercion to engage in sexual acts. It can take many forms, including:

- Sexual assault
- Sexual harassment
- Sexual exploitation
- Sexual coercion

Sexual abuse can have serious physical and emotional consequences for the victim. It is important to seek help if you have been sexually abused.



**4**

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

2. Bend at hips and knees to lower the barbell to the floor.

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

4. Lift the barbell by driving the feet into the floor and pulling the bar up towards the chest.

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

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

7. Repeat the exercise for the desired number of repetitions.

### ENDING CLASS

Thank you for attending this evening's program. We hope you enjoyed the evening and that you have learned something new. We will be happy to hear from you if you have any comments or suggestions. We will be happy to hear from you if you have any comments or suggestions. We will be happy to hear from you if you have any comments or suggestions.

### 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

# **Marcy Home Gym Instruction Manual**

**Lingsheng Yao**



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