

EXERCISE CHART

[illegible][illegible]

The following are the exercises
 performed in the program:
 1. Pull-ups
 2. Push-ups
 3. Sit-ups
 4. Squats
 5. Lunges
 6. Deadlifts
 7. Bench Press
 8. Overhead Press
 9. Rows
 10. Tricep Extensions
 11. Bicep Curls
 12. Planks
 13. Side Planks
 14. Russian Twists
 15. Mountain Climbers
 16. High Kicks
 17. Jumping Jacks
 18. Burpees
 19. Cardio
 20. Core Exercises

[illegible]

Exercise 1: Seated Cable Row

1. Sit on the machine with feet flat on the floor.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest, keeping your back straight.
4. Hold for a moment, then slowly return the handle to the starting position.
5. Repeat for the desired number of repetitions.

[illegible]

SEATED ROW

1. Sit on the machine with feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles toward your chest, squeezing your shoulder blades together.
4. Hold for a moment, then slowly return the handles to the starting position.

REPEAT



Resistance bands are a versatile tool for strength training. They can be used for a variety of exercises, including pull-ups, squats, and lunges. The bands are also portable and easy to store, making them a great option for home workouts.



STATIONARY BIKE
A person is shown using a stationary bike on a gym floor. The bike is a standard upright model with a flywheel and a resistance knob.

- 1. The person is seated on the bike.
- 2. The person is pedaling the bike.
- 3. The person is holding the handlebars.
- 4. The person is looking forward.
- 5. The person is wearing a tank top and shorts.



How to do the Seated Cable Row:

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.

[illegible]

DEADLIFT
The deadlift is a compound lift that works the back, legs, and core. It is a fundamental lift in powerlifting and bodybuilding.

FORM
1. Stand with feet hip-width apart.
2. Bend at the hips and knees to pick up the bar.
3. Keep the bar close to the body.
4. Lift the bar by extending the hips and knees.
5. Stand upright with the bar over the feet.

BENEFITS
- Builds strength and muscle mass.
- Improves posture and balance.
- Increases bone density.

CAUTIONS
- Avoid rounding the back.
- Do not lift too heavy.



Lat Pull-Down
 The lat pull-down is a compound exercise that targets the latissimus dorsi muscle. It is performed by pulling a bar down from an overhead position to the chest. This exercise is effective for building back muscle and improving posture.

1. **STRETCHING** is important to
 prevent injury and improve
 performance. Do these stretches
 before and after your workout.
 2. **WARM-UPS** are essential
 to get your body ready for
 the workout. Do these for 5-10
 minutes before your workout.
 3. **COOL-DOWNS** are important
 to bring your heart rate down
 and prevent dizziness. Do these
 for 5-10 minutes after your
 workout.










4. **HYDRATION** is important to
 prevent dehydration and
 improve performance. Drink
 plenty of water throughout the
 day and before, during, and
 after your workout.










5. **REST** is important to
 prevent overtraining and
 improve performance. Get
 plenty of sleep and take
 rest days throughout the
 week.










6. **PROPER FORM** is important
 to prevent injury and improve
 performance. Watch your
 posture and technique during
 your workout.










7. **PROPER BREATHING** is
 important to prevent injury and
 improve performance. Breathe
 in through your nose and
 out through your mouth during
 your workout.










8. **PROPER WARM-UPS** are
 important to get your body
 ready for the workout. Do
 these for 5-10 minutes before
 your workout.










9. **PROPER COOL-DOWNS** are
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 rate down and prevent
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 in through your nose and
 out through your mouth during
 your workout.










13. **PROPER WARM-UPS** are
 important to get your body
 ready for the workout. Do
 these for 5-10 minutes before
 your workout.










14. **PROPER COOL-DOWNS** are
 important to bring your heart
 rate down and prevent
 dizziness. Do these for 5-10
 minutes after



HEART RATE
 Monitoring heart rate is a good way to gauge the intensity of your workout. A heart rate monitor can be worn on the wrist or chest. A heart rate monitor can also be built into a piece of exercise equipment, such as a stationary bike.



Deadlifts are a compound exercise that targets the lower back, glutes, and hamstrings. They are a fundamental part of many strength training programs.



1. The first step is to determine the user's current fitness level. This can be done by having the user perform a series of exercises and recording the time and distance.

2. The second step is to set a goal for the user. This goal should be based on the user's current fitness level and their desired outcome.

3. The third step is to create a workout plan. This plan should include a variety of exercises and a schedule for when the user should perform them.

4. The fourth step is to monitor the user's progress. This can be done by having the user keep a log of their workouts and by using a fitness tracker.

5. The fifth step is to adjust the workout plan as needed. This can be done by adding or removing exercises or by changing the schedule.

6. The sixth step is to provide the user with feedback. This can be done by having the user keep a log of their workouts and by using a fitness tracker.

7. The seventh step is to encourage the user to stay motivated. This can be done by providing the user with positive feedback and by encouraging the user to stick to the plan.

8. The eighth step is to provide the user with resources. This can be done by providing the user with information about local fitness centers and by providing the user with information about online fitness resources.

9. The ninth step is to provide the user with support. This can be done by providing the user with a personal trainer or by providing the user with a support group.

10. The tenth step is to provide the user with a reward. This can be done by providing the user with a certificate of completion or by providing the user with a reward for sticking to the plan.

[illegible]

Lat Pull-Down

Lat pull-downs are a great exercise for building back muscle. They are also a great exercise for building arm muscle. The lat pull-down is a compound exercise that works the latissimus dorsi, the trapezius, and the biceps. It is a great exercise for building back muscle and for building arm muscle. The lat pull-down is a compound exercise that works the latissimus dorsi, the trapezius, and the biceps. It is a great exercise for building back muscle and for building arm muscle.



1. Stand with feet flat on the floor, toes pointing forward.

2. Push down on the balls of your feet to lift your body up.

3. Hold the top position for a moment, then lower your body back down.

4. Repeat for the desired number of repetitions.

5. **Form Tips:** Keep your back straight and core engaged throughout the movement.

6. **Common Mistakes:** Avoid lifting your heels off the ground or rounding your back.

7. **Equipment:** A flat, non-slip surface is required.

8. **Intensity:** Moderate to high, depending on the weight and repetitions.

9. **Frequency:** Can be performed 2-3 times per week.

10. **Benefits:** Improves calf strength and endurance.

1. Warm-up: 5 minutes of light cardio (treadmill, elliptical, or bike) to get the heart rate up and the muscles warmed up.

2. Compound Movements: These exercises work multiple muscle groups at once, making them efficient for building strength and muscle mass.

- Squats:** 3 sets of 10-12 reps. Use a barbell or a squat rack.
- Deadlifts:** 3 sets of 8-10 reps. Use a barbell.
- Bench Press:** 3 sets of 10-12 reps. Use a barbell.
- Overhead Press:** 3 sets of 10-12 reps. Use a barbell.

3. Isolation Movements: These exercises target specific muscle groups, allowing for focused training and hypertrophy.

- Bicep Curls:** 3 sets of 10-12 reps. Use a barbell or dumbbells.
- Tricep Extensions:** 3 sets of 10-12 reps. Use a barbell or dumbbells.
- Leg Curls:** 3 sets of 10-12 reps. Use a machine.
- Calf Raises:** 3 sets of 15-20 reps. Use a machine or a flat surface.

4. Core Work: 10-15 minutes of core exercises, including planks, sit-ups, and Russian twists.

5. Cool-down: 5 minutes of light cardio and stretching to prevent muscle soreness and improve flexibility.

6. Nutrition and Hydration: Drink plenty of water throughout the day. Eat a balanced diet with plenty of protein, carbohydrates, and healthy fats.

7. Rest and Recovery: Get at least 7-8 hours of sleep per night. Take a rest day every 4-5 days to allow the muscles to recover and grow.

8. Track Progress: Keep a log of your workouts, including the exercises, sets, reps, and weights used. This will help you see your progress and make adjustments as needed.

9. Stay Motivated: Set realistic goals and track your progress. Find a workout partner or join a gym to stay motivated.

10. Listen to Your Body: If you feel pain or discomfort, stop the workout and consult a doctor. Pushing through pain can lead to injury.

11. Consistency is Key: Stick to the routine and don't skip workouts. Consistency is the key to long-term success.

12. Stay Hydrated: Drink plenty of water throughout the day to stay hydrated and prevent muscle cramps.

13. Eat Clean: Eat a healthy diet with plenty of fruits, vegetables, and lean protein. Avoid processed foods and sugary drinks.

14. Get a Good Night's Sleep: Sleep is essential for muscle recovery and growth. Aim for 7-8 hours of sleep per night.

15. Stay Positive: Stay motivated and positive throughout the journey. Remember that progress takes time and effort.

16. Find a Workout Partner: Having a workout partner can help you stay motivated and push yourself harder.

17. Join a Gym: A gym can provide you with the equipment and space you need to work out effectively.

18. Take Breaks: Don't overtrain. Take breaks and listen to your body. Overtraining can lead to injury and burnout.

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112. Find



Illustration of a person sitting at a desk with a lamp, writing on a piece of paper.



STAINING

Staining is a common side effect of chemotherapy. It is caused by the drugs entering the bloodstream and then being excreted in the urine. The urine can then stain the clothing. Staining is usually most noticeable on the hands and feet, but it can also occur on the face and neck. Staining is usually temporary and will fade away once the chemotherapy is finished. However, in some cases, staining can be permanent. If you are experiencing staining, you should wear dark-colored clothing and avoid washing the affected areas with harsh soaps. You should also avoid using bleach or other strong cleaning agents on the stained areas.



STANDING CALF RAISE

1. Stand with feet shoulder-width apart, toes pointing forward.

2. Lift the heels off the ground, pushing up through the balls of the feet.

3. Hold the top position for a moment, then lower the heels back to the ground.

4. Repeat for the desired number of repetitions.

[illegible]

EMPLOYMENT SECURITY

When you are not working, you may be eligible for unemployment benefits. These benefits are available to workers who are unemployed through no fault of their own.

Unemployment benefits are available to workers who are unemployed through no fault of their own. To be eligible for unemployment benefits, you must be unemployed through no fault of your own. This means that you must not have been fired for cause or quit your job voluntarily.

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SMITH MACHINE SAFETY

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- SAFETY ARMS
- STEEL RAIL
- ARM LOCKS
- ARM RELEASE
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Gym Routine Manual

Karin Nielsen-Saines



Gym Routine Manual:

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