

EXERCISE CHART



THE MAN IN THE SUIT

He is a man in a suit, sitting on a large, ornate chair, looking thoughtful. A small dog is sitting on the floor next to him. The background is a light blue wall with a framed picture of a landscape.



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, 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, shoulders, and hips. It is a powerful asana for improving posture and flexibility. The practitioner stands with feet hip-width apart, arms extended upwards, and then bends backwards, lifting the hips and arching the lower back. The head is tilted back, and the arms are extended towards the ceiling. This pose is often used in the final stages of a yoga practice to counteract the effects of sitting and to open the chest and lungs.



Lat Pull-Down
 The lat pull-down is a great exercise for building the latissimus muscle, which is the large muscle on the back that runs from the shoulder blades down to the hips. It is also a great exercise for building the biceps and the forearms. To perform the lat pull-down, sit on a bench and grasp the bar with an overhand grip. Pull the bar down towards your chest, then release it and repeat.

[illegible]

PULL-UPS *Strength*
Pull-ups are a great way to build upper body strength. They also help to improve your grip strength. To perform a pull-up, you should start by hanging from a bar with your arms fully extended. Then, you should pull your body up until your chin is above the bar. Finally, you should lower your body back down to the starting position.



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

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 EXERCISE BIKE

Recumbent exercise bikes are designed for low-impact, low-risk cardiovascular exercise. They are ideal for people with back pain, joint problems, or those who are new to exercise. The user lies back in a reclined position, which reduces stress on the joints and spine. The pedals are positioned in front of the user, and the resistance is controlled by a hand lever or a dial on the side of the bike.

Advantages:

- Low-impact exercise
- Low risk of injury
- Good for people with back pain or joint problems
- Easy to use and adjust

Disadvantages:

- May not provide the same cardiovascular benefits as other types of exercise bikes
- Can be bulky and difficult to store



SIT-UPS
 Sit-ups are a great way to strengthen your core muscles. To perform 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.

Activity 1

Objectives:

- To understand the importance of the environment in the development of a country.
- To identify the different components of the environment.

Materials:

- A large sheet of paper.
- Colored markers.

Procedure:

1. Divide the class into groups of four or five.
2. Give each group a large sheet of paper and colored markers.
3. Ask the groups to draw a picture of their ideal environment.
4. Ask the groups to present their drawings to the class.



RESEARCH: METABOLISM
 The metabolic rate of the body is the rate at which it uses energy. It is determined by the amount of energy that is used to maintain the body's basic functions, such as breathing, circulation, and body temperature. The metabolic rate is also affected by the amount of physical activity that a person engages in. The metabolic rate is highest when a person is engaged in physical activity and lowest when they are at rest.

THE METABOLIC RATE OF THE BODY IS
 1. **THE RATE AT WHICH THE BODY USES ENERGY.**
 2. **THE RATE AT WHICH THE BODY USES ENERGY TO MAINTAIN ITS BASIC FUNCTIONS.**
 3. **THE RATE AT WHICH THE BODY USES ENERGY TO MAINTAIN ITS BASIC FUNCTIONS AND TO ENGAGE IN PHYSICAL ACTIVITY.**



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 hands just outside the legs.
4. Lift the barbell by driving the feet into the floor and extending the hips and knees.
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.

[illegible]




Posture: Balance

A good posture is essential for a healthy back. It helps to maintain the natural curve of the spine and prevents strain on the muscles and ligaments.

Posture: Balance

A good posture is essential for a healthy back. It helps to maintain the natural curve of the spine and prevents strain on the muscles and ligaments.

[illegible]

Mobilizing one with mobility.

The new **Medline** **gurneys** are designed to move patients safely and easily. They feature a built-in lift system that allows you to raise or lower the patient's head and feet without lifting the patient. This helps prevent injury to both the patient and the caregiver. The gurneys also have a wide base for stability and a smooth-rolling casters for easy maneuvering.



WARM-UP

- 5 minutes of light cardio (treadmill, elliptical, or rowing machine)
- 10 minutes of stretching (focus on lower body and core)

MAIN WORKOUT

- 30 minutes of interval training (alternating between high and low intensity)
- 15 minutes of strength training (focus on lower body and core)

Cool-down

- 5 minutes of light cardio (treadmill, elliptical, or rowing machine)
- 10 minutes of stretching (focus on lower body and core)



QUESTIONS

1. What is the main purpose of the passage?
2. What is the author's attitude toward the dog?
3. What is the author's opinion of the dog's behavior?
4. What is the author's opinion of the dog's appearance?
5. What is the author's opinion of the dog's personality?

[illegible]



TELLING TYPE

1. Superior Quality Ink
 Superior quality ink that is fast-drying and resistant to fading, smudging, and water damage.

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5. Superior Quality Service
 Superior quality service that is fast-drying and resistant to fading, smudging, and water damage.

[illegible]

ESSENTIAL SAFETY

When you work with a hydraulic system, you must understand the safety hazards involved. Hydraulic systems can be extremely powerful. Hydraulic systems can be dangerous if not properly installed, maintained, or used. Always use proper safety procedures. Always use proper safety equipment. Always use proper safety training. Always use proper safety supervision. Always use proper safety communication. Always use proper safety documentation. Always use proper safety record keeping. Always use proper safety reporting. Always use proper safety investigation. Always use proper safety prevention. Always use proper safety improvement. Always use proper safety evaluation. Always use proper safety review. Always use proper safety audit. Always use proper safety certification. Always use proper safety compliance. Always use proper safety legislation. Always use proper safety standards. Always use proper safety codes. Always use proper safety regulations. Always use proper safety orders. Always use proper safety notices. Always use proper safety signs. Always use proper safety symbols. Always use proper safety labels. Always use proper safety instructions. Always use proper safety manuals. Always use proper safety guides. Always use proper safety books. Always use proper safety magazines. Always use proper safety newspapers. Always use proper safety journals. Always use proper safety newsletters. Always use proper safety bulletins. Always use proper safety alerts. Always use proper safety warnings. Always use proper safety advisories. Always use proper safety notices. Always use proper safety orders. Always use proper safety notices. Always use proper safety signs. Always use proper safety symbols. Always use proper safety labels. Always use proper safety instructions. Always use proper safety manuals. Always use proper safety guides. Always use proper safety books. Always use proper safety magazines. Always use proper safety newspapers. Always use proper safety journals. Always use proper safety newsletters. Always use proper safety bulletins. Always use proper safety alerts. Always use proper safety warnings. Always use proper safety advisories.

KINCOM TREADMILL MACHINE

- UPPER PULLEY
- VERTICAL SPRING
- SHOCK ABSORBER
- AIR FLOW CONTROLLER

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Curtis Wood



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