


EXERCISE CHART

[illegible]

STRENGTH
MULTI-FUNCTIONAL
EXERCISES
CORE
IMPROVES
POSTURE
BALANCE
EASY TO USE
EASY TO MOVE



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 Dips
 11. Plank
 12. Side Plank
 13. Russian Twists
 14. Mountain Climbers
 15. Burpees
 16. High Kicks
 17. Jumping Jacks
 18. Running
 19. Cycling
 20. Swimming

[illegible]

Exercise 1: Seated Cable Row


1. Sit on the machine with feet flat on the floor and knees bent.
2. Grasp the handle with both hands, palms facing each other.
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.

[illegible]

EXERCISE 10
SEATED 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 to the starting position.
 4. Repeat for the desired number of repetitions.



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 BIKES
 Stationary bikes are a great way to get a cardiovascular workout. They are also a great way to burn calories and improve your endurance. There are many different types of stationary bikes, so you can find one that fits your needs and budget.

- They are easy to use and maintain.
- They are a great way to burn calories and improve your endurance.
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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 performed by lifting a barbell from the floor to a standing position.

Barbell
A barbell is a long bar with weights at each end, used for various types of weightlifting exercises.

Core
The core muscles are located in the middle of the body, including the abdomen, lower back, and pelvis. They are responsible for maintaining balance and stability.

Back
The back muscles are located in the upper and lower back. They are responsible for supporting the spine and maintaining posture.

Legs
The leg muscles are located in the thighs and lower legs. They are responsible for providing power and stability during many types of physical activity.



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. Stretching
 should be done before and
 after every workout.

2. **WARM-UPS** are essential
 to prepare the body for
 exercise. Warm-ups should
 include light cardio and
 dynamic stretching.

3. **PROPER FORM** is crucial
 to maximize results and
 prevent injury. Focus on
 technique during every
 exercise.

4. **CONSISTENCY** is key to
 achieving your fitness goals.
 Stick to your workout
 routine and don't skip
 sessions.

5. **HYDRATION** is important
 to maintain energy and
 prevent dehydration. Drink
 plenty of water throughout
 your workout.


6. **REST** is necessary for
 muscle recovery and
 growth. Get enough sleep
 and take rest days as
 needed.

7. **DIET** plays a significant
 role in your fitness journey.
 Eat a balanced diet with
 plenty of protein, carbs, and
 healthy fats.


8. **TRACKING PROGRESS** helps
 you stay motivated and
 see how far you've come.
 Use a journal or app to
 record your workouts and
 measurements.

9. **POSITIVE MENTALITY** is
 essential for long-term
 success. Stay motivated
 and focus on the benefits
 of your workout.

10. **CONSULT A PROFESSIONAL**
 if you're unsure about
 your form or have any
 concerns. A personal
 trainer can provide guidance
 and support.



RECYMBENT
 RECYMBENT bikes are designed for people with back problems or those who want a low-impact workout. The user lies back in a reclined position, and the bike is supported by a large base. The user can adjust the resistance and the incline of the 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 them to stick to their 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 them with links to online 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 them 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 them with a gift.



Backbends
Backbends are a great way to stretch the spine and improve flexibility. They can also help to relieve back pain and improve posture. Backbends are often used in yoga and Pilates classes.

Forward Bends
Forward bends are a great way to stretch the hamstrings and lower back. They can also help to improve circulation and reduce stress. Forward bends are often used in yoga and Pilates classes.

Twists
Twists are a great way to stretch the spine and improve flexibility. They can also help to relieve back pain and improve posture. Twists are often used in yoga and Pilates classes.

Core Exercises
Core exercises are a great way to strengthen the muscles of the abdomen and lower back. They can also help to improve posture and reduce stress. Core exercises are often used in yoga and Pilates classes.


Cardio
Cardio is a great way to improve cardiovascular health and burn calories. It can also help to improve mood and reduce stress. Cardio is often used in yoga and Pilates classes.

Relaxation
Relaxation is a great way to reduce stress and improve mental health. It can also help to improve sleep and overall well-being. Relaxation is often used in yoga and Pilates classes.



Lat Pull-Down

Lat pull-downs are a great exercise for building back muscle. They work the latissimus dorsi, trapezius, and biceps. To perform this exercise, sit on a bench and grasp the bar with an overhand grip. Pull the bar down towards your chest, then release it back to the starting position.



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. **Notes:** Keep your back straight and core engaged throughout the movement.

6. **Equipment:** A flat surface or a calf raise machine.

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: Focus on exercises that work multiple muscle groups. Examples include squats, deadlifts, bench press, and pull-ups. Perform 3 sets of 8-12 reps for each exercise.

3. Isolation exercises: Target specific muscle groups with exercises like bicep curls, tricep extensions, and leg extensions. Perform 3 sets of 10-15 reps for each exercise.

4. Core work: Incorporate exercises like planks, sit-ups, and Russian twists to strengthen the abdominal muscles. Perform 3 sets of 10-15 reps.

5. Cool down: 5 minutes of light stretching to help with muscle recovery and flexibility.

6. Nutrition and Hydration: Drink plenty of water throughout the day and eat a balanced diet rich in protein, carbohydrates, and healthy fats to support muscle growth and recovery.

7. Rest and Recovery: Allow your muscles time to rest and recover between workouts. Aim for at least 7-8 hours of sleep per night.

8. Track Progress: Keep a log of your workouts, including the exercises, sets, and reps, to monitor your progress and make adjustments as needed.

9. Consistency: Stick to your workout routine consistently to see the best results. Consistency is key to achieving your fitness goals.

10. Consult a Professional: If you're new to exercise or have any health concerns, consult a fitness professional or a doctor for guidance.

11. Stay Motivated: Set realistic goals and reward yourself for achieving them. Find a workout partner or join a gym to stay motivated and accountable.

12. Listen to Your Body: Pay attention to how your body feels during and after workouts. If you experience pain or discomfort, stop the exercise and consult a professional.

13. Variety: Mix up your workouts to keep them interesting and challenge your muscles in different ways. Try different exercises, equipment, and workout styles.

14. Progression: Gradually increase the intensity of your workouts over time to continue making progress. This can be done by adding weight, increasing reps, or trying more challenging exercises.

15. Patience: Building muscle and losing weight is a gradual process. Be patient and stay committed to your routine for long-term success.

16. Sleep: Get enough sleep to allow your body to recover and rebuild muscle tissue. Aim for 7-9 hours of sleep per night.

17. Stress Management: Manage stress through techniques like meditation, yoga, or deep breathing exercises. High stress levels can interfere with your fitness goals.

18. Social Support: Surround yourself with supportive friends and family who encourage your fitness journey. Joining a community or group can provide additional motivation.

19. Regular Check-ins: Schedule regular check-ins with a fitness professional to assess your progress and receive feedback on your technique and routine.

20. Celebrate Wins: Celebrate your achievements, no matter how small. This can help boost your confidence and keep you motivated.

21. Stay Hydrated: Drink water consistently throughout the day, not just during workouts. Proper hydration is essential for muscle function and recovery.

22. Protein Intake: Ensure you're getting enough protein in your diet to support muscle growth. Good sources include lean meats, fish, eggs, and plant-based proteins.

23. Cardiovascular Health: Incorporate cardiovascular exercises into your routine to improve heart health and burn extra calories. This can be done through activities like running, swimming, or cycling.

24. Mind-Muscle Connection: Focus on the connection between your mind and muscles during exercises. This can help improve form and maximize the effectiveness of each rep.

25. Consistent Routine: Establish a consistent workout schedule that fits into your lifestyle. Consistency is crucial for long-term success.

26. Avoid Injuries: Use proper form and technique to avoid injuries. Warm up properly and don't overexert yourself.

27. Flexibility Training: Incorporate flexibility exercises like yoga or stretching into your routine to improve range of motion and reduce the risk of injury.

28. Accountability: Hold yourself accountable for your commitments. Set deadlines and track your progress to stay on track.

29. Positive Mindset: Maintain a positive attitude and focus on the benefits of your workout. A positive mindset can help you overcome challenges and stay motivated.

30. Long-Term Goals: Set long-term goals for your fitness journey. This can help you stay motivated and provide a clear direction for your efforts.

31. Regular Assessment: Regularly assess your progress and make adjustments to your routine as needed. This can help you stay on track and achieve your goals.

32. Supportive Environment: Create a supportive environment for your workouts. This can include having a dedicated workout space, using quality equipment, and surrounding yourself with positive influences.

33. Consistent Effort: Put in consistent effort every time you workout. Consistency is key to seeing results and achieving your goals.

34. Healthy Lifestyle: Adopt a healthy lifestyle that includes regular exercise, a balanced diet, and adequate sleep. This holistic approach is essential for overall well-being and fitness success.

35. Stay Informed: Stay informed about the latest fitness trends and research. This can help you make informed decisions and keep your routine fresh and effective.

36. Celebrate Milestones: Celebrate your milestones and achievements along the way. This can provide a sense of accomplishment and keep you motivated.

37. Regular Communication: Communicate with your fitness professional or support system regularly. This can help you stay on track and receive guidance when needed.

38. Stay Committed: Stay committed to your fitness journey, even when it gets challenging. Consistency and commitment are key to long-term success.

39. Positive Reinforcement: Use positive reinforcement to encourage yourself and others. Celebrate your progress and provide support to those who are also working towards their goals.

40. Stay Inspired: Stay inspired by watching others achieve their goals or by reading about fitness success stories. This can provide motivation and keep you focused on your own journey.

41. Regular Monitoring: Regularly monitor your progress and adjust your routine as needed. This can help you stay on track and achieve your goals.

42. Stay Consistent: Stay consistent with your workouts and healthy habits. Consistency is the foundation of long-term success.

43. Stay Motivated: Stay motivated by setting goals, tracking progress, and celebrating wins. Motivation is key to staying on track.

44. Stay Healthy: Stay healthy by prioritizing your fitness and well-being. A healthy lifestyle is essential for achieving your goals.

45. Stay Positive: Stay positive and optimistic about your future. A positive mindset can help you overcome challenges and achieve your goals.

46. Stay Active: Stay active by incorporating movement into your daily routine. This can help burn extra calories and improve overall health.

47. Stay Engaged: Stay engaged in your fitness journey by trying new exercises and equipment. This can keep you motivated and interested.

48. Stay Focused: Stay focused on your goals and the reasons you started your fitness journey. This can help you stay motivated and committed.

49. Stay Determined: Stay determined and resilient in the face of challenges. Determination is key to achieving your goals.

50. Stay Committed: Stay committed to your fitness journey for the long term. Consistency and commitment are essential for success.

51. Stay Inspired: Stay inspired by the progress you and others are making. Inspiration can provide the motivation needed to keep going.

52. Stay Motivated: Stay motivated by reminding yourself of the benefits of your workout. Motivation is key to staying on track.

53. Stay Healthy: Stay healthy by listening to your body and taking care of yourself. A healthy body is the foundation for a fit mind.

54. Stay Positive: Stay positive and embrace the journey. A positive attitude can help you overcome any obstacles.

55. Stay Active: Stay active by finding ways to incorporate movement into your daily life. Activity is key to staying fit.

56. Stay Engaged: Stay engaged by making your workouts enjoyable. Engagement is key to staying motivated.

57. Stay Focused: Stay focused on your goals and the progress you're making. Focus is key to achieving success.

58. Stay Determined: Stay determined and don't give up. Determination is the key to overcoming challenges.

59. Stay Committed: Stay committed to your fitness journey and the lifestyle changes you're making. Commitment is key to long-term success.

60. Stay Inspired: Stay inspired by the progress you're making and the goals you're achieving. Inspiration is key to staying motivated.

61. Stay Motivated: Stay motivated by celebrating your wins and the progress you're making. Motivation is key to staying on track.

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112. Stay Determined: Stay determined and don't give up. Determination is the key to overcoming challenges.

113. Stay Committed: Stay committed to your fitness journey and the lifestyle changes you're making. Commit



STANDING CALF RAISE

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

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

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

4. Repeat for the desired number of repetitions.

[illegible][illegible]

Diagram illustrating the components of a Smith Machine:

- UPPER COLLARS
- LOWER COLLARS
- UPPER ROLLERS
- LOWER ROLLERS
- GUIDE RAIL
- SAFETY CATCHES

Gym Routine Manual

Yijin Wang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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