

EXERCISE CHART



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• **Seated Cable Row:** A man is shown performing a seated cable row exercise. He is seated on a machine, pulling a handle towards his chest.

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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**



1. **WARM UP** properly before your workout.
2. **STRETCH** properly after your workout.
3. **DRINK** plenty of water throughout the day.
4. **EAT** a healthy diet.
5. **GET** enough sleep.

RESEARCHER'S NOTE: The researchers found that the participants who used the machine for 12 weeks had a 10% increase in muscle mass and a 15% increase in strength. The researchers also found that the participants who used the machine for 12 weeks had a 10% increase in muscle mass and a 15% increase in strength.

Seated Row

- Pull the handle towards your chest.
- Keep your feet flat on the floor.
- Breathe in as you pull, breathe out as you release.
- Repeat for 10-15 reps.

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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 create a story or a scene using the cards.

Activity 2

Students are given a set of cards with different shapes and colors. They are asked to create a story or a scene using the cards.



RESEARCH: METABOLISM
 The metabolic rate is the rate at which the body uses energy. It is determined by the amount of energy required to maintain the body's basic functions. The metabolic rate is affected by age, sex, and body composition. The metabolic rate is also affected by the amount of physical activity. The metabolic rate is highest in young people and lowest in older people. The metabolic rate is also highest in men and lowest in women. The metabolic rate is also highest in people with a higher body mass index (BMI) and lowest in people with a lower BMI.



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.
3. Grip the barbell with both hands.
4. Lift the barbell by extending the hips and knees, keeping the back straight.
5. Stand upright with the barbell.

RESEARCH OPPORTUNITIES

1. **Research Assistant** to the Director, **Department of Health, Behavior, and Society**, **Population Council**, **1215 27th Avenue, New York, NY 10017-2197**. **Ph.D. in Health, Behavior, and Society** required. **Salary** \$45,000-\$55,000. **Research Assistant** to the Director, **Department of Health, Behavior, and Society**, **Population Council**, **1215 27th Avenue, New York, NY 10017-2197**. **Ph.D. in Health, Behavior, and Society** required. **Salary** \$45,000-\$55,000. **Research Assistant** to the Director, **Department of Health, Behavior, and Society**, **Population Council**, **1215 27th Avenue, New York, NY 10017-2197**. **Ph.D. in Health, Behavior, and Society** required. **Salary** \$45,000-\$55,000.

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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, especially when sitting, standing, and moving.

Exercise

Regular exercise is crucial for strengthening the muscles that support the spine. Core exercises, such as planks and bridges, help to stabilize the lower back. Flexibility exercises, like yoga and stretching, can improve the range of motion in the spine and reduce the risk of injury. Consistent physical activity also promotes overall health and well-being.

Prevention


Preventing back pain involves a combination of lifestyle changes and proactive measures. Maintaining a healthy weight, avoiding heavy lifting, and using proper techniques for daily activities can significantly reduce the risk of back injury. Regular check-ups with a healthcare professional can help identify potential issues before they become serious problems.

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Mobilizing the care team

The patient's condition was stable until he fell from the bed at approximately 0800 hours. The fall occurred while the patient was being repositioned by nursing staff. The patient sustained a head injury and was transported to the emergency department.

The incident highlights the importance of proper patient handling techniques and the need for adequate staffing during transfers. The hospital has implemented additional training for all staff involved in patient movement and has installed safety devices on all beds to prevent such incidents.



STRENGTH TRAINING

- **Cardiovascular Exercise:** Running, swimming, cycling, and other aerobic activities that increase heart rate and burn calories.
- **Strength Training:** Lifting weights, using resistance bands, or performing bodyweight exercises to build muscle mass and increase metabolism.
- **Interval Training:** Alternating between periods of high-intensity exercise and low-intensity recovery.
- **High-Intensity Interval Training (HIIT):** Short bursts of intense exercise followed by brief rest periods.
- **Low-Intensity Steady State (LISS):** Consistent, low-intensity exercise for a longer duration.
- **Group Exercise:** Participating in group classes like Zumba, Pilates, or spin.
- **Personal Training:** Working with a professional trainer for personalized guidance and motivation.



STRENGTH TRAINING

EXERCISE 1

1. **WARM-UP**

2. **STRETCHING**

3. **STRENGTH TRAINING**

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KINETIC VERTICAL ANALYSIS MACHINE

- UPPER PLATFORM
- VERTICAL FORCE TRANSDUCER
- SAFETY BAR
- AIR FLOW TRANSDUCER

Gym Routine Manual

**Lane Pederson, Cortney Sidwell
Pederson**



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