

EXERCISE CHART

[illegible][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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WALKING, JUMPING, AND RUNNING

Walking, jumping, and running are all forms of aerobic exercise that can be done in a gym. Walking is a low-impact activity that is good for people with joint problems. Jumping and running are high-impact activities that are good for people who want to improve their cardiovascular fitness. All three activities can be done on a treadmill or outdoors.



HEART RATE MONITORING
 Monitoring heart rate during exercise is a good way to determine if you are working at the right intensity. A heart rate monitor can be worn on the wrist, chest, or finger. The monitor will display the heart rate on a digital display. A heart rate monitor can also be used to track the heart rate over time. A heart rate monitor can be used to track the heart rate over time.

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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 a screen. The heart rate monitor can also be used to track the number of calories burned during exercise.



PULL-UPS
 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 in a controlled manner.



IMPROVING YOUR HEALTH

- Improves circulation
- Improves blood pressure
- Improves cholesterol levels
- 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 held with an overhand grip.

3. The back should be rounded during the lift.

4. The hips should be pushed forward during the lift.

5. The bar should be held with a mixed grip.

6. The feet should be hip-width apart.

7. The bar should be held with an underhand grip.

8. The back should be kept straight during the lift.

9. The hips should be pulled back during the lift.

10. The bar should be held with a hook grip.

RESEARCHERS SAY THAT
running is one of the best ways
to lose weight and improve your
overall health.

THE BENEFITS OF RUNNING:

- Burns calories faster than walking
- Improves cardiovascular fitness
- Boosts mood and reduces stress
- Strengthens muscles and bones
- Helps control blood sugar levels
- Lowers cholesterol levels
- Increases energy levels
- Promotes better sleep
- Reduces risk of chronic diseases

GET THE MOST OUT OF YOUR RUN:

- Warm up before you start
- Run at a steady pace
- Stay hydrated throughout the run
- Cool down after the run
- Stretch your muscles
- Listen to your body
- Don't overdo it
- Get enough rest between runs
- Eat healthy foods
- Drink plenty of water

FOR MORE INFORMATION,
visit our website at [www.running.com](#)



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

Topics Covered:

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Leg Press
The leg press is a compound exercise that works the quadriceps, hamstrings, and glutes. It is performed by lying on a leg press machine and pushing a weighted sled with the feet.

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HEART RATE
 The heart rate monitor is a device that measures the heart rate of the user. It is a small device that is attached to the chest or wrist. The heart rate monitor is used to monitor the heart rate during exercise. The heart rate monitor is used to monitor the heart rate during exercise. The heart rate monitor is used to monitor the heart rate during exercise.



Chair Sit-to-Stand
 Sit on the edge of a chair with feet flat on the floor. Push down on the thighs to stand up. Lower back to the chair. Repeat 10 times.



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



Handstand

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PERSONALITY
 A person's personality is the sum of their characteristics and traits. It is what makes them who they are.

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1. Stand with feet hip-width apart, toes slightly out. Bend at hips and knees to lower the barbell to the floor, keeping your back straight.

2. Grip the barbell with your hands just outside your legs. Lift the barbell by driving your feet into the floor and pushing your hips forward.

3. Stand tall with the barbell in front of your legs. Hold the barbell for a few seconds, then lower it back to the floor.

4. Repeat for the desired number of sets and reps.

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ESSENTIAL SAFETY

When you use your car, you are responsible for your safety. Remember that the car is designed to protect you from injury in the event of a crash. To make the most of this protection, you must follow the following safety rules:

- Always wear your seat belt. It is the most important safety device in your car. It can reduce the risk of serious injury or death in a crash.
- Do not drink and drive. Alcohol can impair your judgment and reaction time. It can also increase the risk of a crash.
- Do not use drugs or medication while driving. These substances can impair your judgment and reaction time. They can also increase the risk of a crash.
- Do not use your mobile phone while driving. This can distract you from the road and increase the risk of a crash.
- Do not drive too fast. Speeding is a leading cause of crashes and fatalities.
- Do not drive too slow. Driving too slowly can also be dangerous, as it can cause you to lose control of the car.
- Do not drive while tired. Fatigue can impair your judgment and reaction time. It can also increase the risk of a crash.
- Do not drive while distracted. Anything that takes your attention away from the road can increase the risk of a crash.

Remember, your car is designed to protect you. But it can only do so if you follow the essential safety rules. Always wear your seat belt. Do not drink and drive. Do not use drugs or medication while driving. Do not use your mobile phone while driving. Do not drive too fast. Do not drive too slow. Do not drive while tired. Do not drive while distracted. These are the essential safety rules that can help you stay safe on the road.

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

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