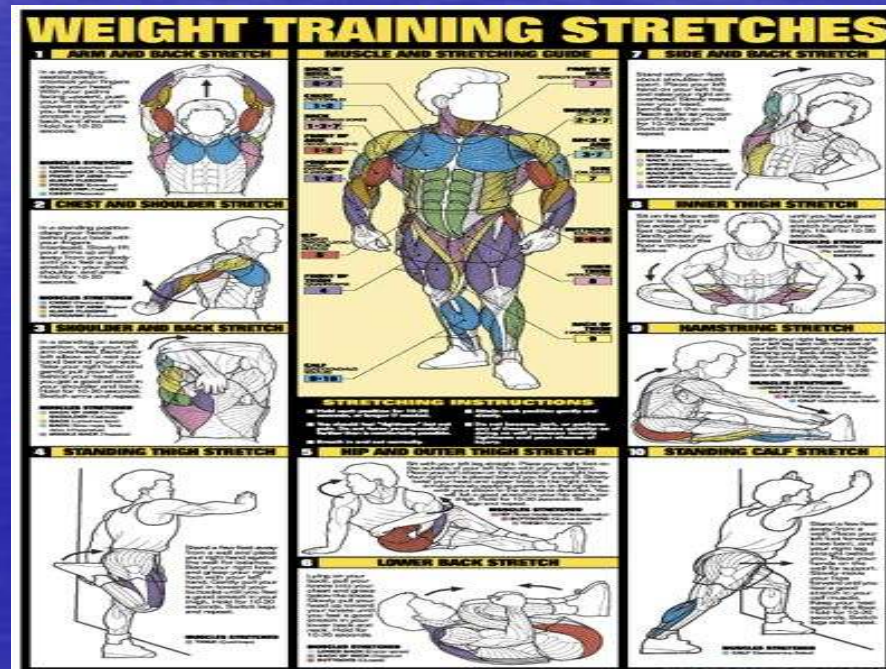



CHAPITRE 26

LES 100 MEILLEURS EXERCICES DE MUSCULATION EFFICACES ET LES POSTERS DE MUSCULATION





**FICHE PRATIQUE
D'ENTRAINEMENT DES
100 MEILLEURS
EXERCICES DE
MUSCULATION**

**Dans la diapo suivante voici une
fiche pratique des 100 meilleurs
exercices de musculation à
emporter avec vous pour vos
entraînements en salle de
musculation où chez vous**



MUSCLE & FITNESS

Liste des 100 meilleurs exercices de musculation

La liste ci-dessous donne la sélection M&F des meilleurs exercices que vous pouvez faire pour chaque groupe musculaire. Apprenez à exécuter chacun d'entre eux avec une technique correcte de façon à pouvoir effectuer des substitutions dans votre programme d'entraînement. Essayez également des variantes avec des bancs, des prises poignées et des angles différents afin de changer la localisation de l'effet de tel ou tel exercice. NB: de nombreux exercices, en particulier ceux de base, sollicitent plusieurs groupes musculaires. Par exemple, les deltoïdes antérieurs et les triceps sont stimulés conjointement lors des mouvements de développés pour les pectoraux.



POITRINE

Ce groupe musculaire puissant est la pierre angulaire d'un buste bien développé. Pour travailler les pectoraux aussi complètement que possible, faites à la fois des développés et des écartés, et variez l'angle du banc.

DÉVELOPPÉ COUCHÉ AVEC LA BARRE
DÉVELOPPÉ COUCHÉ AVEC HALTÈRES
DÉVELOPPÉ INCLINÉ À LA SMITH MACHINE

DÉVELOPPÉ INCLINÉ AVEC HALTÈRES
DÉVELOPPÉ DÉCLINÉ AVEC LA BARRE
DIPS

ÉCARTÉS À PLAT
ÉCARTÉS INCLINÉ
PEC DECK
POULIES VIS-À-VIS

ÉPAULES

L'articulation de l'épaule, qui a la plus grande amplitude de toutes les articulations du corps, est travaillée de façon optimale en exerçant les trois faisceaux du deltoïde. Pour chacun de ces trois faisceaux, effectuez un mouvement de développé suivi d'un mouvement d'élevation.

DÉVELOPPÉ DEBOUT BARRE DEVANT
DÉVELOPPÉ NUQUE ASSIS
DÉVELOPPÉ ASSIS AVEC HALTÈRES
DÉVELOPPÉ À LA MACHINE

ÉLEVATION FRONTALE
ÉLEVATION FRONTALE À LA POULIE
ÉLEVATION LATÉRALE AVEC HALTÈRES
ÉLEVATION LATÉRALE À LA POULIE
OISEAU

PEC DECK INVERSÉ

HAUT DU DOS

Un haut du dos puissant est caractérisé par l'épaisseur et la largeur de la partie médiane du dos (c'est la forme en V tant recherchée). Le meilleur développement de cette zone s'obtient en associant divers mouvements de rowing au tirage vertical/tractions barre fixe. Variez votre prise pour changer légèrement le stimulus.

TRACTIONS À LA BARRE FIXE
TIRAGE VERTICAL POULIE HAUTE
BARRE NUQUE
TIRAGE VERTICAL POULIE HAUTE
BARRE POITRINE
TIRAGE VERTICAL PRISE SERRÉE
TIRAGE VERTICAL PRISE INVERSÉE
ROWING À LA MACHINE
TIRAGE HORIZONTAL

ROWING BARRE
ROWING À LA T-BARRE
ROWING À UN BRAS

TRAPÈZES

Bien étoffés, les trapèzes sont un signe de force dans le haut du dos et ils contribuent à éviter les blessures au cou. Les shrugs seront réalisés avec des charges lourdes qu'on déplacera dans le plan vertical uniquement.

SHRUGS AVEC LA BARRE
SHRUGS AVEC HALTÈRES
SHRUGS AVEC ÉLEVATION DES TALONS
SHRUGS À LA MACHINE
TIRAGE AU MENTON

BAS DU DOS

Important non seulement pour protéger la colonne vertébrale, mais aussi parce que c'est le siège de la puissance pour beaucoup d'exercices. Si vous consacrez beaucoup de temps au crunch, il faut compléter ce travail en exerçant les lombaires pour un développement complet et pour l'équilibre musculaire.

EXTENSIONS AU BANC À LOMBAIRES
MACHINE À LOMBAIRES
GOOD MORNING
SOULÈVÉ DE TERRE JAMBES TENDUES
SOULÈVÉ DE TERRE
SOULÈVÉ DE TERRE AVEC SHRUG
RELEVÉ DE BUSTE EN COUCHÉ VENTRAL

TRICEPS

Situé à l'arrière du bras, ce muscle à trois faisceaux fait l'extension du coude. Comme le biceps, il franchit les articulations du coude et de l'épaule; c'est pour cela que l'on peut et que l'on doit l'exercer sous toutes sortes d'angles pour lui assurer un développement complet.

EXTENSION COUCHÉ AVEC LA BARRE
EXTENSION VERTICALE AVEC HALTÈRE
EXTENSION VERTICALE À LA POULIE
EXTENSION VERTICALE ASSISE AVEC BARRE EZ
DIPS ENTRE DEUX BANCs
DIPS À LA MACHINE
EXTENSION À LA POULIE
KICKBACK AVEC HALTÈRE
DÉVELOPPÉ COUCHÉ PRISE SERRÉE
EXTENSION À LA POULIE PRISE INVERSÉE

BICEPS/AVANT-BRAS

Avec ses deux faisceaux, le rôle essentiel du biceps est de faire la flexion du coude et la supination du poignet. Le bombé du biceps est largement fonction de la génétique de chacun, mais des exercices stressant au maximum la courte portion seront utiles.

CURL DEBOUT AVEC LA BARRE
CURL DEBOUT AVEC HALTÈRES
CURL ALTERNÉ ASSIS AVEC HALTÈRES
CURL INCLINÉ AVEC HALTÈRES
CURL AU PUPITRE
FLEXIONS SUR MACHINE À PUPITRE
CURL CONCENTRÉ
CURL EN PRISE MARTEAU
CURL D'UN BRAS À LA POULIE
CURL DES DEUX BRAS DEBOUT À LA POULIE

Avant-bras
EXTENSION DES POIGNETS AVEC LA BARRE
FLEXION DES POIGNETS AVEC LA BARRE

ABDOMINAUX

Le grand droit de l'abdomen a une partie supérieure et une partie inférieure, mais il n'est pas possible d'isoler chacune complètement. Néanmoins, on devra pratiquer des exercices pour ces deux régions ainsi que des mouvements de rotation pour travailler les obliques de manière à ce que le développement des abdos soit complet.

Partie supérieure
CRUNCH AU BANC DÉCLINÉ
CRUNCH À LA POULIE
CRUNCH
Partie inférieure
RELEVÉ DE GENOUX
RELEVÉ DE GENOUX SUSPENDU
RELEVÉ DE GENOUX ASSIS
MONTÉE EN CHANDELLE
Obliques
CRUNCH AVEC ROTATION
FLEXION À 45°
ROTATIONS DU BUSTE

CUISSES/FESSIERS

Le muscle principal de la cuisse est le quadriceps (composé de quatre faisceaux); il y a d'autres muscles près de l'articulation de la hanche, dont les

fessiers, le plus gros groupe musculaire du corps. Pour travailler ces muscles, les meilleurs exercices sont de nature polyarticulaire (le mouvement se faisant à la fois au niveau de la hanche et du genou).

SQUAT BARRE NUQUE
SQUAT AVANT
HACK SQUAT
SQUAT SUR MACHINE HORIZONTALE
SISSY SQUAT
PRESSE À CUISSES
FENTE AVANT AVEC LA BARRE
FENTE INVERSÉE AVEC LA BARRE
GUIDÉE
MONTÉE SUR BANC
LEG EXTENSION (N'ACTIVE PAS LES FESSIERS)

ISCHIOS

Situés à l'arrière de la cuisse, l'ischio-jambier est antagoniste au quadriceps et permet une grande amplitude de mouvement. Parmi les bons exercices, citons ceux qui mobilisent les ischiols au niveau de l'articulation de la hanche ainsi que du genou, comme le soulevé de terre et l'extension au banc à lombaires.

SOULÈVÉ DE TERRE
SOULÈVÉ DE TERRE JAMBES TENDUES
SOULÈVÉ DE TERRE ROUMAIN
GOOD MORNING
LEG CURL COUCHÉ
LEG CURL ASSIS
LEG CURL DEBOUT UNILATÉRAL
LEG CURL EN APPUI
EXTENSIONS AU BANC À LOMBAIRES
LEG CURL COUCHÉ AVEC HALTÈRE

MOLLETS

Les mollets sont constitués principalement de deux muscles, le soléaire et le gastrocnémien. Pour travailler ce dernier au mieux, le genou doit être fléchi comme dans l'élevation des talons assis.

MOLLETS DEBOUT
MOLLETS ASSIS
DONKEY
EXTENSION À LA PRESSE HORIZONTALE
EXTENSION À LA PRESSE OBLIQUE
ÉLEVATION DES TALONS AU HACK SQUAT

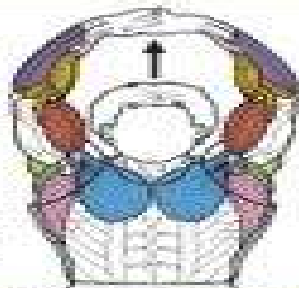


Dossier des posters de musculation

WEIGHT TRAINING STRETCHES

1 ARM AND BACK STRETCH

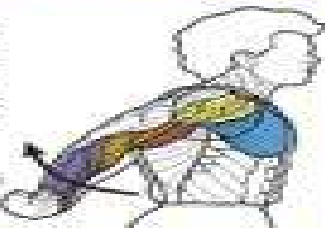
In a standing position, extend your arms overhead and hold for 10-20 seconds.



MUSCLE STRETCHES:
 • Neck
 • Shoulder
 • Back
 • Triceps
 • Forearm
 • Wrist

2 CHEST AND SHOULDER STRETCH

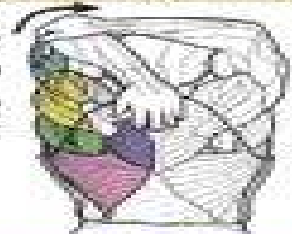
In a standing position, place your hands behind your back with your arms straight. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 • Chest
 • Shoulder
 • Triceps

3 SHOULDER AND BACK STRETCH

In a standing position, place your hands behind your back with your arms straight. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 • Neck
 • Shoulder
 • Back
 • Triceps

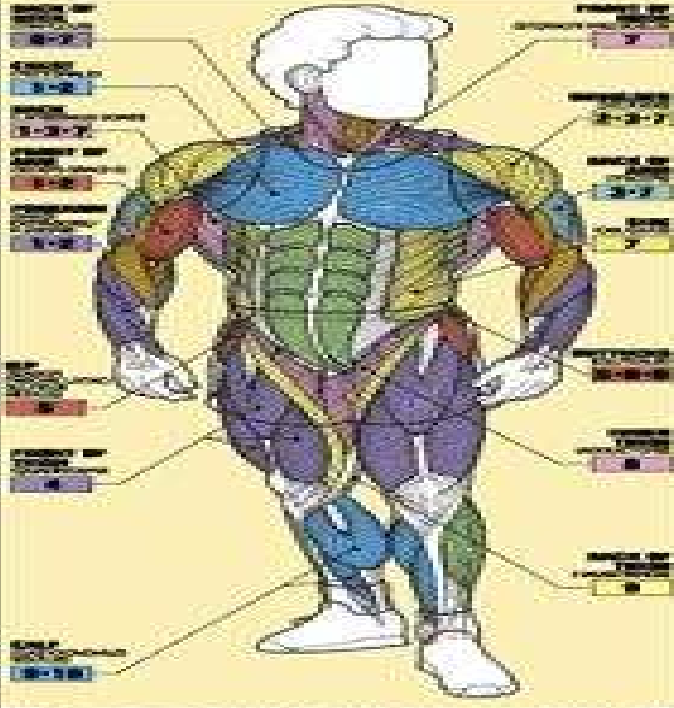
4 STANDING THIGH STRETCH



Stand on your right leg and lift your left leg up to your right knee. Hold for 10-20 seconds.

MUSCLE STRETCHES:
 • Thigh
 • Hip

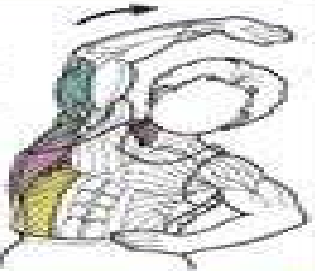
MUSCLE AND STRETCHING GUIDE



STRETCHING INSTRUCTIONS:
 • Hold each stretch for 10-20 seconds.
 • Breathe normally during stretches.
 • Do not stretch to the point of pain.
 • Stretching should be done after a workout.

7 SIDE AND BACK STRETCH

Stand with your feet shoulder-width apart. Place your left hand on your right hip and your right hand on your left hip. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 • Neck
 • Shoulder
 • Back
 • Triceps
 • Forearm
 • Wrist

8 INNER THIGH STRETCH

Sit on the floor with your legs straight out in front of you. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 • Inner thigh
 • Hip

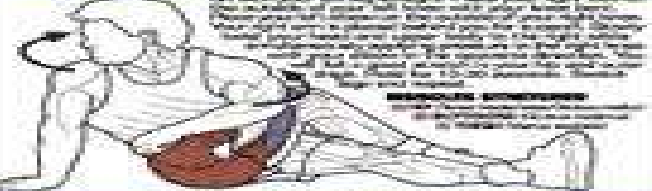
9 HAMSTRING STRETCH

Sit on the floor with your legs straight out in front of you. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 • Hamstring
 • Hip

5 HIP AND OUTER THIGH STRETCH

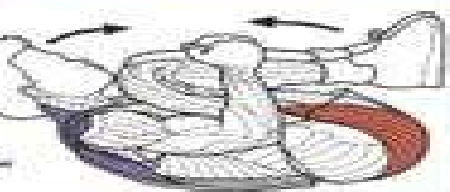


Place your right leg over your left leg. Hold for 10-20 seconds.

MUSCLE STRETCHES:
 • Hip
 • Outer thigh

6 LOWER BACK STRETCH

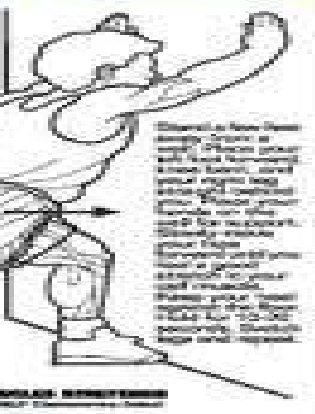
Place your hands on your knees and lean forward. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 • Lower back
 • Hip

10 STANDING CALF STRETCH

Stand on your right leg and lift your left leg up to your right knee. Hold for 10-20 seconds.



Stand on your right leg and lift your left leg up to your right knee. Hold for 10-20 seconds.

MUSCLE STRETCHES:
 • Calf
 • Hip

WEIGHT TRAINING FLEXIBILITY

1

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

2

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

3

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

4

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

5

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

6

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

7

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

MUSCLE GUIDE

- Neck
- Shoulder
- Chest
- Upper Arm
- Lower Arm
- Forearm
- Hand
- Wrist
- Elbow
- Shoulder
- Upper Arm
- Lower Arm
- Forearm
- Hand
- Wrist
- Elbow
- Shoulder
- Upper Arm
- Lower Arm
- Forearm
- Hand
- Wrist
- Elbow

8

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

9

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

10

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

11

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

12

Stand with feet shoulder-width apart, holding a barbell across your shoulders. Lift your shoulders towards your ears, then lower them back down.

Exercise Do's & Don'ts



Do

Donkey Kick (Correct)

Pushing up on all fours, lift the right leg up on a horizontal plane to the level with the torso. The quadriceps, hamstrings, glutes, and calves are engaged. The feet are flat on the floor. The torso and pelvis are in a neutral position.



Don't

Donkey Kick (Incorrect)

In incorrect, the leg is lifted much too high and away from the torso. This forces the pelvis to tilt, putting pressure on the lower back and increasing the risk of injury.



Do

Get-Up (Correct)

As the person lies on their back, they should lift their head, neck, and shoulders off the floor. The feet are flat on the floor. The torso and pelvis are in a neutral position.



Don't

Straight-Leg Sit-Up (Incorrect)

Straining the lower back and neck by pulling the feet up to the knees. The torso and pelvis are in a neutral position.



Do

Lower Thigh Leg Lift (Correct)

Lying on the back, lift the lower thigh up to the level with the torso. The feet are flat on the floor. The torso and pelvis are in a neutral position.



Don't

Lower Thigh Leg Lift (Incorrect)

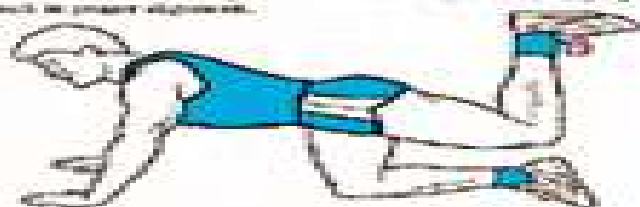
Lifting the lower thigh up to the level with the torso, which strains the lower back and neck.



Do

Back Leg Lift (Correct)

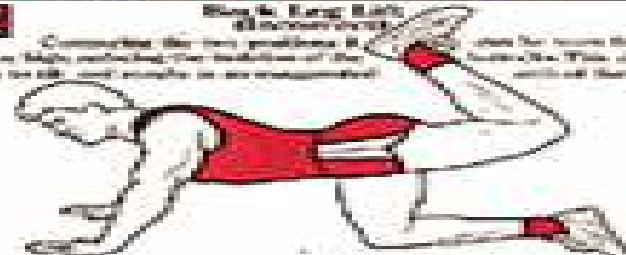
On all fours, lift the back leg up to the level with the torso. The feet are flat on the floor. The torso and pelvis are in a neutral position.



Don't

Back Leg Lift (Incorrect)

Lifting the back leg up to the level with the torso, which strains the lower back and neck.



Do

Side-Leg Lift (Correct)

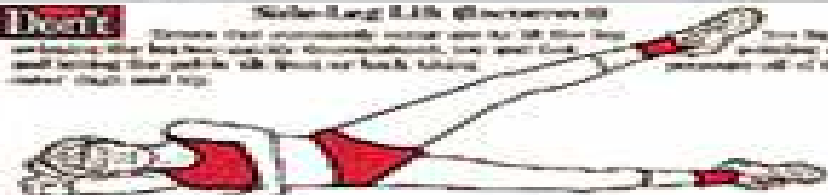
Lying on the side, lift the leg up to the level with the torso. The feet are flat on the floor. The torso and pelvis are in a neutral position.



Don't

Side-Leg Lift (Incorrect)

Lifting the side leg up to the level with the torso, which strains the lower back and neck.



Do

Opposite Elbow To Knee (Correct)

On all fours, lift the right elbow up to the level with the left knee. The feet are flat on the floor. The torso and pelvis are in a neutral position.



Don't

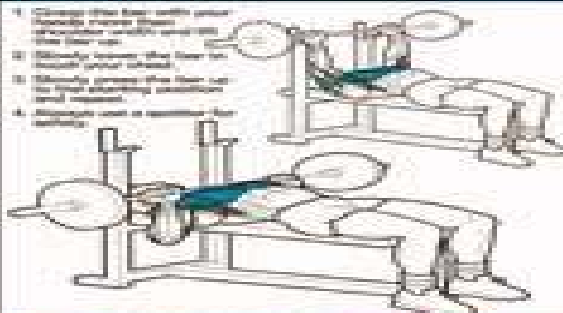
Opposite Elbow To Knee (Incorrect)

Lifting the right elbow up to the level with the left knee, which strains the lower back and neck.

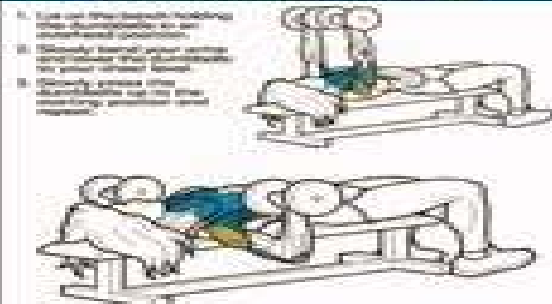


CHEST WORKOUT

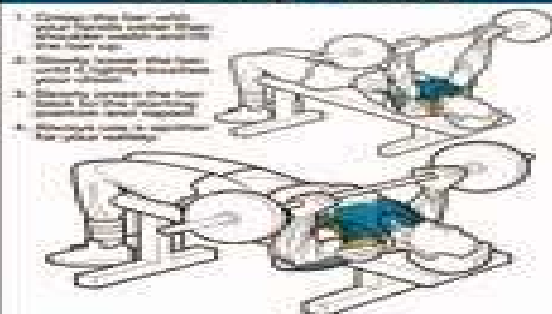
BENCH PRESS



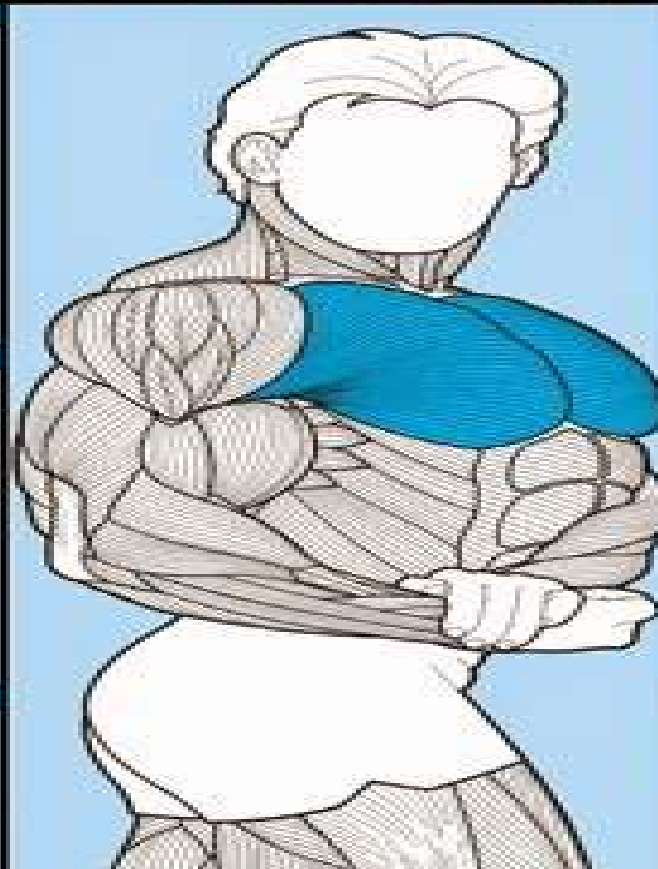
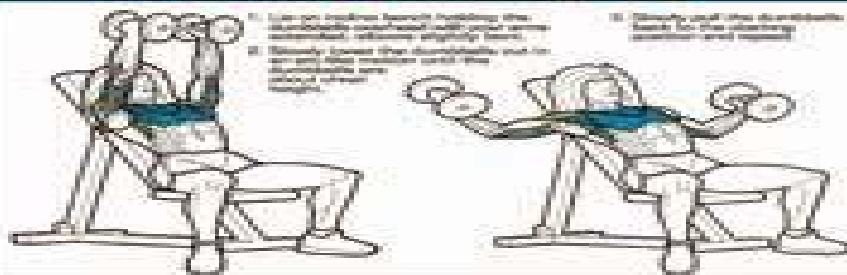
DUMBBELL PRESS



DECLINE PRESS



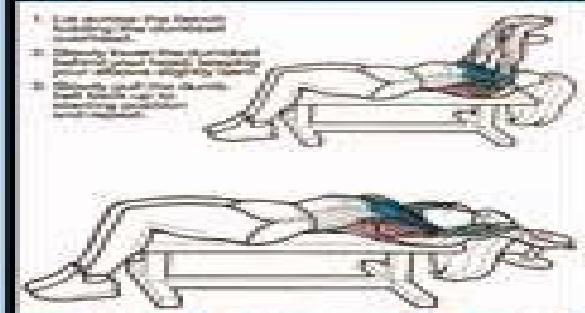
INCLINE DUMBBELL FLY



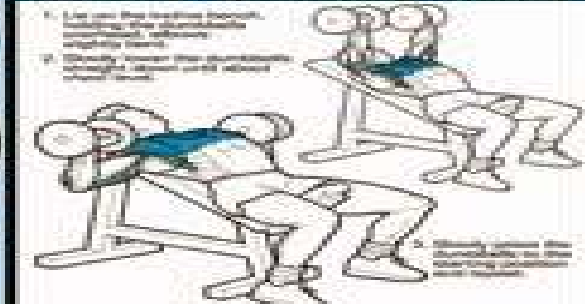
MUSCLE COLOR CODE

- Pectoralis Major
- Pectoralis Minor
- Serratus Anterior
- External Intercostal
- Internal Intercostal
- External Oblique
- Internal Oblique
- Transverse Abdominis
- Rectus Abdominis
- Diaphragm
- External Intercostal
- Internal Intercostal
- External Oblique
- Internal Oblique
- Transverse Abdominis
- Rectus Abdominis
- Diaphragm

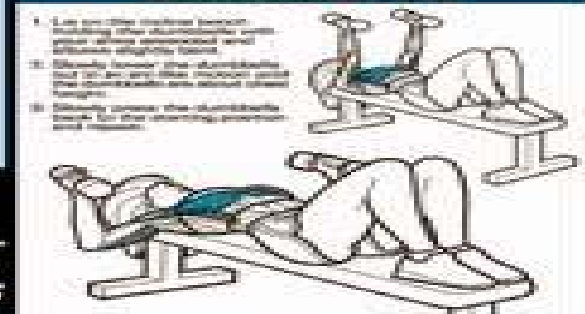
DUMBBELL PULLOVER



INCLINE DUMBBELL PRESS



DUMBBELL FLY



INCLINE PRESS



BACK WORKOUT

UPRIGHT ROW



1. Grasp the barbell with an overhand grip, holding your arms shoulder-width apart.
2. Stand with your feet shoulder-width apart.

3. Keeping the bar close to your body, slowly pull it up towards your chest.
4. Your elbows should be in line with your shoulders.
5. Slowly return to the starting position and repeat.

ONE-ARM DUMBBELL ROW



1. Grasp the dumbbell with your right hand.
2. Rest your knee and shoulder on the bench.

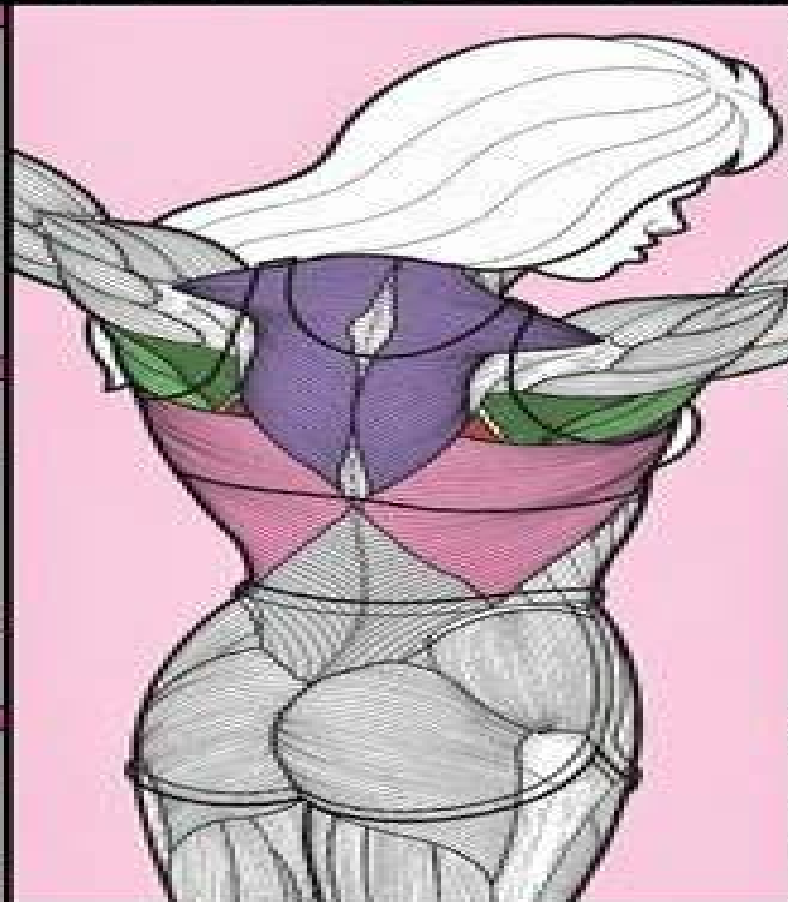
3. Bend the right knee to rest it on the floor.
4. Grasp the dumbbell with your right hand.
5. Pull the dumbbell up towards your chest.

BENT-OVER ROW



1. Grasp the bar with an overhand grip, holding your arms shoulder-width apart.
2. Bend at the hips and keep your back straight.

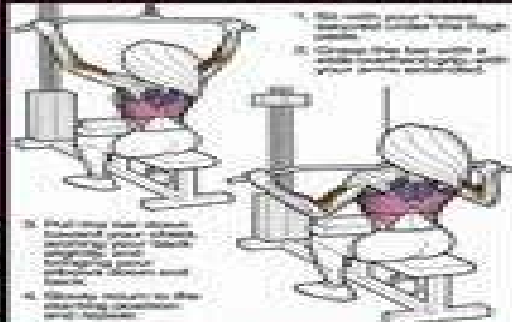
3. Pull the bar up towards your chest.
4. Your elbows should be in line with your shoulders.
5. Slowly return to the starting position and repeat.



MUSCLE COLOR CODE

- | | | | | | |
|----------|---------------|----------|------------------|--------|---------------|
| ■ Purple | Trapezius | ■ Green | Latissimus Dorsi | ■ Pink | Rhomboid |
| ■ Grey | Other muscles | ■ Yellow | Other muscles | ■ Blue | Other muscles |
- Neck and upper back muscles
 - Middle back muscles
 - Lower back muscles
 - Shoulder and arm muscles
 - Hip and leg muscles

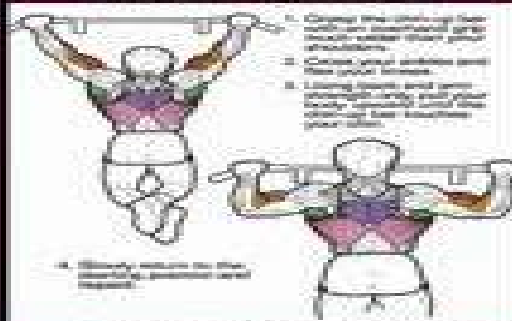
LAT PULLDOWN (FRONT)



1. Sit on the machine with your feet on the platform.
2. Grasp the bar with an overhand grip.

3. Pull the bar down towards your chest.
4. Your elbows should be in line with your shoulders.
5. Slowly return to the starting position and repeat.

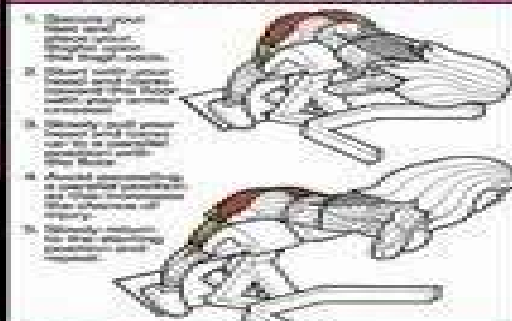
FRONT CHIN-UP



1. Grasp the bar with an overhand grip, holding your arms shoulder-width apart.
2. Pull your chin up towards the bar.
3. Your elbows should be in line with your shoulders.

4. Slowly return to the starting position and repeat.

BACK EXTENSION



1. Lie on your back on the machine with your feet on the platform.
2. Grasp the bar with an overhand grip.
3. Lift your hips off the bench.
4. Your back should be straight.
5. Slowly return to the starting position and repeat.

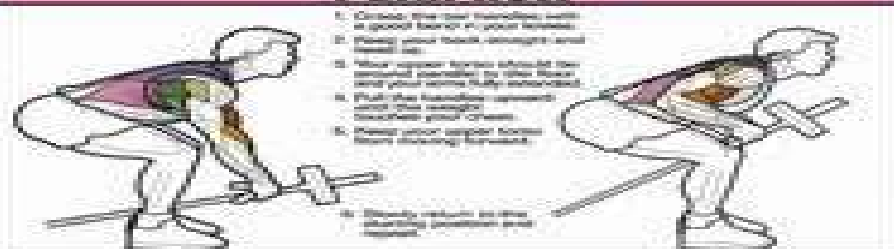
SEATED ROW



1. Place your feet against the feet platform.
2. Place your knees slightly bent.
3. Grasp the bar with an overhand grip.

4. Pull the bar up towards your chest.
5. Your elbows should be in line with your shoulders.
6. Slowly return to the starting position and repeat.

T-BAR ROW



1. Grasp the bar handles with a good firm grip.
2. Place your feet against the feet platform.
3. Pull the bar up towards your chest.
4. Your elbows should be in line with your shoulders.

5. Slowly return to the starting position and repeat.

LEG WORKOUT

LUNGE



1. Stand holding a dumbbell in each hand by your sides.
2. Step forward with your right leg.
3. The back leg remains stationary.

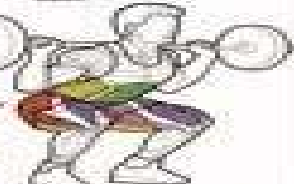


4. Push your back foot back to the starting position.
5. Repeat with the other leg.
6. Stand on your right leg and repeat.
7. Stand on your left leg and repeat.

SQUAT

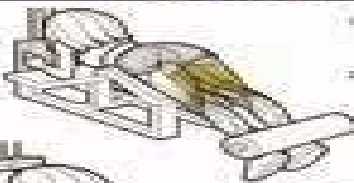


1. Stand with feet shoulder width apart.
2. Lift the barbell off the rack and hold it across your shoulders.
3. Stand with a neutral spine.



4. Push your back foot back to the starting position.
5. Repeat with the other leg.
6. Stand on your right leg and repeat.
7. Stand on your left leg and repeat.

LEG CURL



1. Lie on the machine with your feet on the rollers.
2. Push your feet back to the starting position.
3. Repeat with the other leg.
4. Stand on your right leg and repeat.
5. Stand on your left leg and repeat.



6. Push your feet back to the starting position.
7. Repeat with the other leg.
8. Stand on your right leg and repeat.
9. Stand on your left leg and repeat.

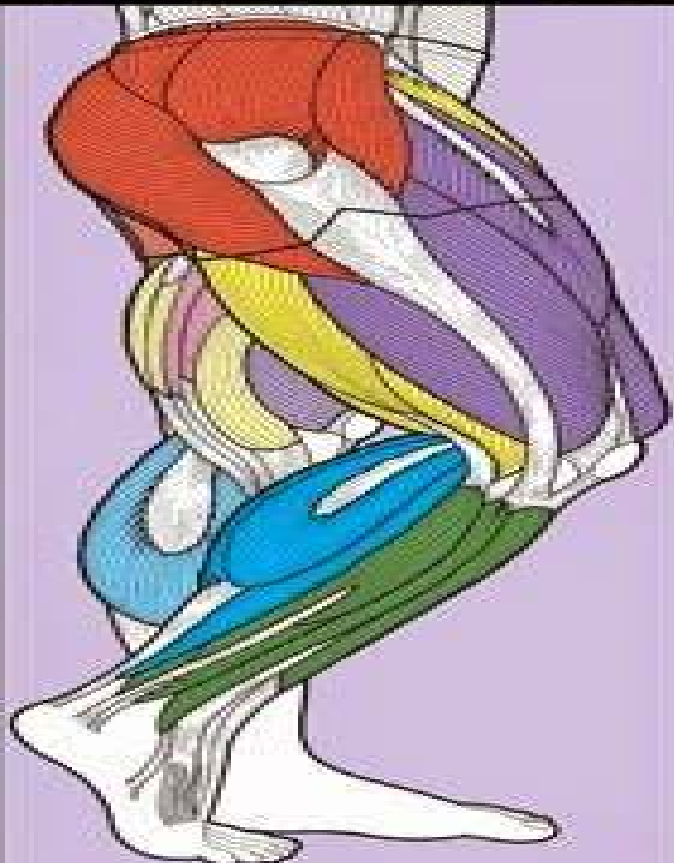
SEATED TOE RAISE



1. Sit on the chair with your feet on the end of the toe plate.
2. Raise a foot and count your fingers about to your toes.



3. Stand on your right leg and repeat.
4. Stand on your left leg and repeat.



MUSCLE COLOR CODE

- | | | | |
|---------------------|----------------------|-------------|----------|
| ■ Quadriceps | ■ Hamstrings | ■ Adductors | ■ Glutes |
| ■ Tibialis Anterior | ■ Tibialis Posterior | ■ Peroneus | ■ Soleus |
1. The quadriceps muscles are the largest muscles in the body and are responsible for extending the knee.
 2. The hamstrings are the muscles on the back of the thigh that flex the knee.
 3. The adductors are the muscles on the inner thigh that move the leg towards the midline.
 4. The glutes are the muscles in the buttocks that extend the hip.
 5. The tibialis anterior is the muscle on the front of the lower leg that flexes the foot.
 6. The tibialis posterior is the muscle on the back of the lower leg that flexes the foot.
 7. The peroneus muscles are on the outer side of the lower leg and extend the foot.
 8. The soleus is the muscle on the back of the lower leg that flexes the foot.

FRONT SQUAT



1. Stand with feet shoulder width apart.
2. Lift the barbell off the rack and hold it across your shoulders.
3. Stand with a neutral spine.
4. Push your back foot back to the starting position.
5. Repeat with the other leg.
6. Stand on your right leg and repeat.
7. Stand on your left leg and repeat.

LEG PRESS

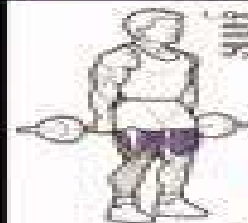


1. Lie on the machine with your feet on the rollers.
2. Push your feet back to the starting position.
3. Repeat with the other leg.
4. Stand on your right leg and repeat.
5. Stand on your left leg and repeat.



6. Push your feet back to the starting position.
7. Repeat with the other leg.
8. Stand on your right leg and repeat.
9. Stand on your left leg and repeat.

HACK SQUAT

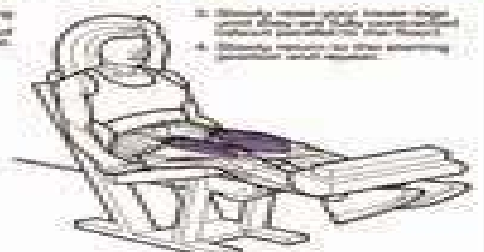


1. Stand with feet shoulder width apart.
2. Lift the barbell off the rack and hold it across your shoulders.
3. Stand with a neutral spine.
4. Push your back foot back to the starting position.
5. Repeat with the other leg.
6. Stand on your right leg and repeat.
7. Stand on your left leg and repeat.

LEG EXTENSION



1. Sit on the machine holding your feet on the rollers.
2. Push your feet back to the starting position.
3. Repeat with the other leg.



4. Push your feet back to the starting position.
5. Repeat with the other leg.

SHOULDER WORKOUT

ALTERNATE DUMBBELL PRESS

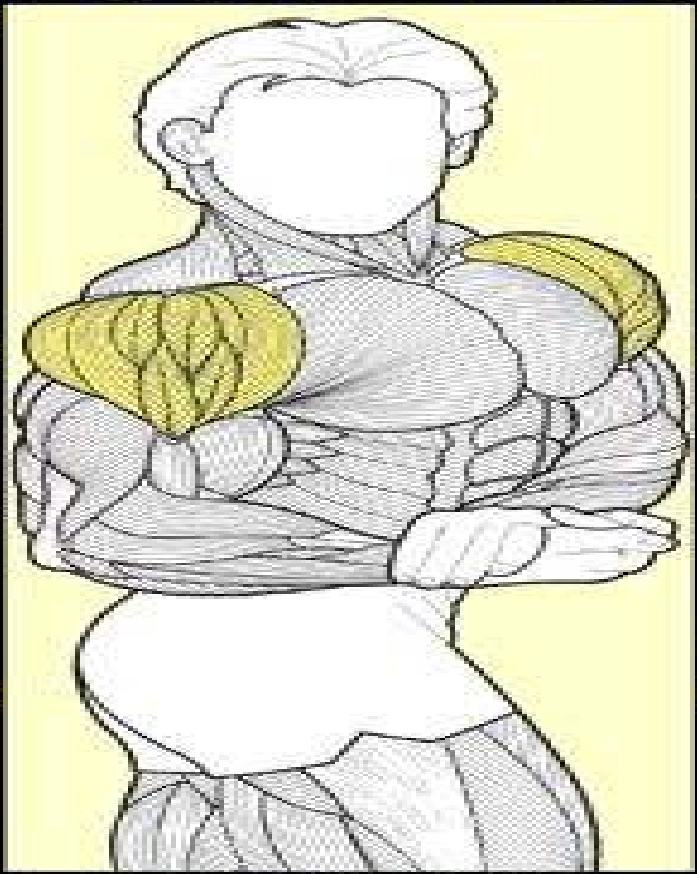
1. Grab two dumbbells with your hands, one in each hand, and sit on the floor.
2. Push the dumbbells up with your arms, one at a time, until they are above your head.
3. Lower the dumbbells back down to the floor.
4. Repeat the exercise for 10-15 reps.

SEATED MILITARY PRESS

1. Sit on a bench in an upright position.
2. Grasp the barbell with your hands, one on each side.
3. The bar should be resting on your lower chest.
4. Push the bar up with your arms, one at a time, until it is above your head.
5. Lower the bar back down to your chest.
6. Repeat the exercise for 10-15 reps.

SIDE LATERAL RAISE

1. Stand holding a pair of dumbbells at your sides.
2. Bend your knees to the right to keep your balance.
3. Grasp the dumbbells with your hands, one in each hand.
4. Raise the dumbbells to your shoulders.
5. Stand upright and lift the dumbbells.



MUSCLE COLOR CODE

- DELTOIDS
- TRAPEZIUS
- PECTORALIS MAJOR
- TRICEPS

■ Perform each exercise with a partner.
 ■ Do not use weights that are too heavy.
 ■ Do not lift weights that are too heavy.
 ■ Do not lift weights that are too heavy.
 ■ Do not lift weights that are too heavy.
 ■ Do not lift weights that are too heavy.

BENT-OVER LATERAL RAISE

1. Stand with your feet about shoulder-width apart and lean slightly forward.
2. Bend forward until your back is parallel to the floor.
3. Grasp the dumbbells with your palms facing each other.
4. Lift the dumbbells up with your arms, one at a time, until they are above your head.
5. Lower the dumbbells back down to the floor.
6. Repeat the exercise for 10-15 reps.

BEHIND-THE-NECK PRESS

1. Sit on a bench in an upright position.
2. Grasp the barbell with your hands, one on each side.
3. The bar should be resting on your upper chest.
4. Push the bar up with your arms, one at a time, until it is above your head.
5. Lower the bar back down to your chest.
6. Repeat the exercise for 10-15 reps.

DUMBBELL FRONT RAISE

1. Stand with your feet about shoulder-width apart.
2. Grasp the dumbbells with your hands, one in each hand.
3. Lift the dumbbells up with your arms, one at a time, until they are above your head.
4. Lower the dumbbells back down to the floor.
5. Repeat the exercise for 10-15 reps.

ALTERNATE FRONT RAISE

1. Stand with your feet about shoulder-width apart.
2. Grasp the dumbbells with your hands, one in each hand.
3. Lift the dumbbells up with your arms, one at a time, until they are above your head.
4. Lower the dumbbells back down to the floor.
5. Repeat the exercise for 10-15 reps.

LOW-PULLEY RAISE

1. Stand with your feet about shoulder-width apart.
2. Grasp the pulley with your hands, one in each hand.
3. Lift the pulley up with your arms, one at a time, until they are above your head.
4. Lower the pulley back down to the floor.
5. Repeat the exercise for 10-15 reps.

TRICEPS WORKOUT

TRICEPS PUSHDOWN

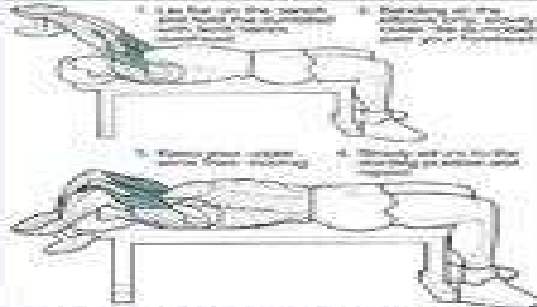
1. Start with your elbows resting against your upper chest area.
2. Pushing down on the bar.



2. Pushing down on the bar.

OVERHEAD TRICEPS EXTENSION

1. Lie face up on a bench with your feet flat on the floor.
2. Grasp the bar with both hands, arms extended overhead.
3. Lower the bar behind your head.
4. Push the bar back up overhead.

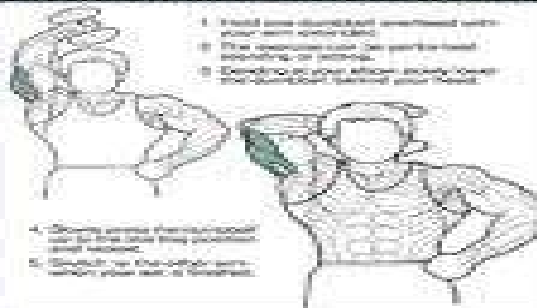


3. Lower the bar behind your head.

4. Push the bar back up overhead.

ONE-ARM DUMBBELL EXTENSION

1. Hold one dumbbell overhead with your arm extended.
2. The dumbbell can be behind your head or just behind it.
3. Lower the dumbbell behind your head.



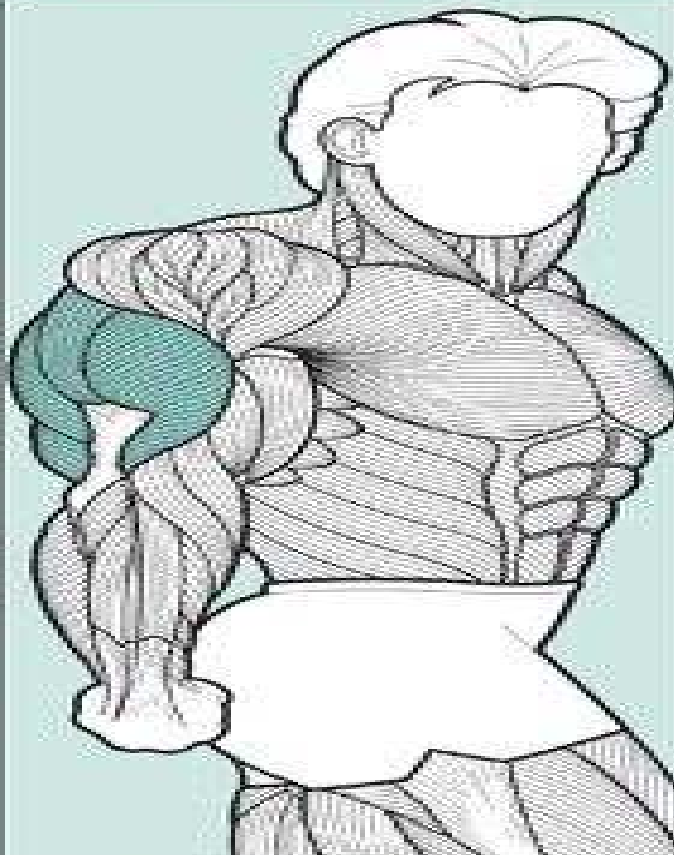
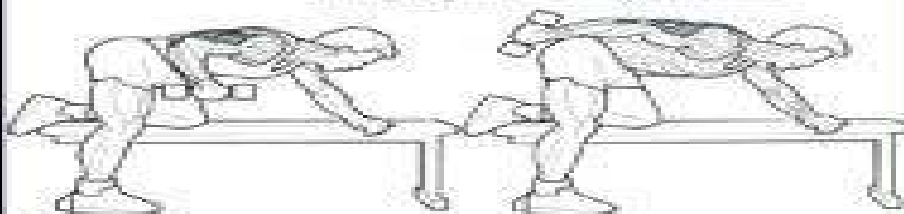
1. Hold one dumbbell overhead with your arm extended.

2. The dumbbell can be behind your head or just behind it.

3. Lower the dumbbell behind your head.

DUMBBELL KICKBACK

1. Place one knee on the floor and rest your hand on the floor.
2. Grasp the dumbbell with one hand.
3. Push the dumbbell back and up.
4. Lower the dumbbell back down.



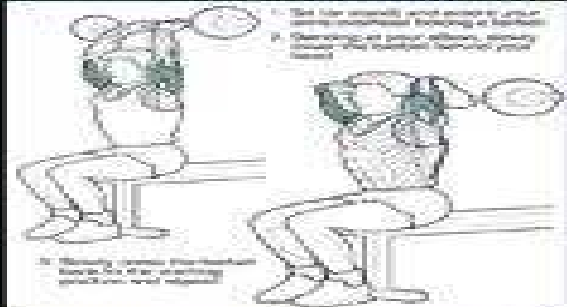
MUSCLE COLOR CODE

■ TRICEPS BRACHII ■ BICEPS BRACHII

- 1. Triceps brachii: This muscle is located on the back of the upper arm and is responsible for extending the elbow.
- 2. Biceps brachii: This muscle is located on the front of the upper arm and is responsible for flexing the elbow.

SEATED BARBELL EXTENSION

1. Sit on a bench with your feet flat on the floor.
2. Grasp the bar with both hands, arms extended overhead.
3. Lower the bar behind your head.
4. Push the bar back up overhead.



1. Sit on a bench with your feet flat on the floor.

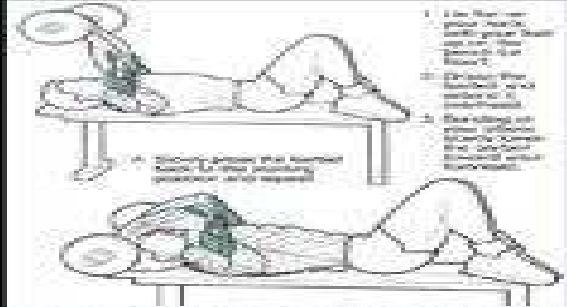
2. Grasp the bar with both hands, arms extended overhead.

3. Lower the bar behind your head.

4. Push the bar back up overhead.

OVERHEAD BARBELL EXTENSION

1. Lie face up on a bench with your feet flat on the floor.
2. Grasp the bar with both hands, arms extended overhead.
3. Lower the bar behind your head.
4. Push the bar back up overhead.



1. Lie face up on a bench with your feet flat on the floor.

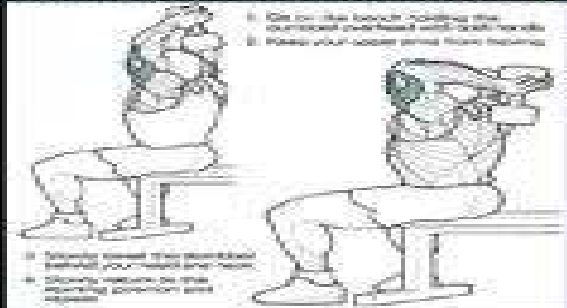
2. Grasp the bar with both hands, arms extended overhead.

3. Lower the bar behind your head.

4. Push the bar back up overhead.

SEATED DUMBBELL EXTENSION

1. Sit on a bench with your feet flat on the floor.
2. Grasp the dumbbell with one hand, arm extended overhead.
3. Lower the dumbbell behind your head.
4. Push the dumbbell back up overhead.



1. Sit on a bench with your feet flat on the floor.

2. Grasp the dumbbell with one hand, arm extended overhead.

3. Lower the dumbbell behind your head.

4. Push the dumbbell back up overhead.

DUMBBELL TRICEPS EXTENSION

1. Lie on your back with your feet flat on the floor.
2. Grasp the dumbbell with both hands, arms extended overhead.
3. Lower the dumbbell behind your head.
4. Push the dumbbell back up overhead.



ABDOMINAL WORKOUT

CRUNCH

1. Lie on your back, knees bent, feet flat on the floor, arms at your sides.
2. Lift only your shoulders and upper back off the floor, using your abdominal muscles to pull your head up.



3. Breathe in and exhale as you lift.



RAISED LEG CRUNCH

1. Lie on your back, knees bent, feet flat on the floor, arms at your sides.
2. Lift your legs and feet off the floor, keeping your knees bent.
3. Lift your head and shoulders off the floor, using your abdominal muscles to pull your head up.



4. Breathe in and exhale as you lift.



CROSSOVER CRUNCH

1. Lie on your back, knees bent, feet flat on the floor, arms at your sides.
2. Lift your legs and feet off the floor, keeping your knees bent.
3. Lift your head and shoulders off the floor, using your abdominal muscles to pull your head up.

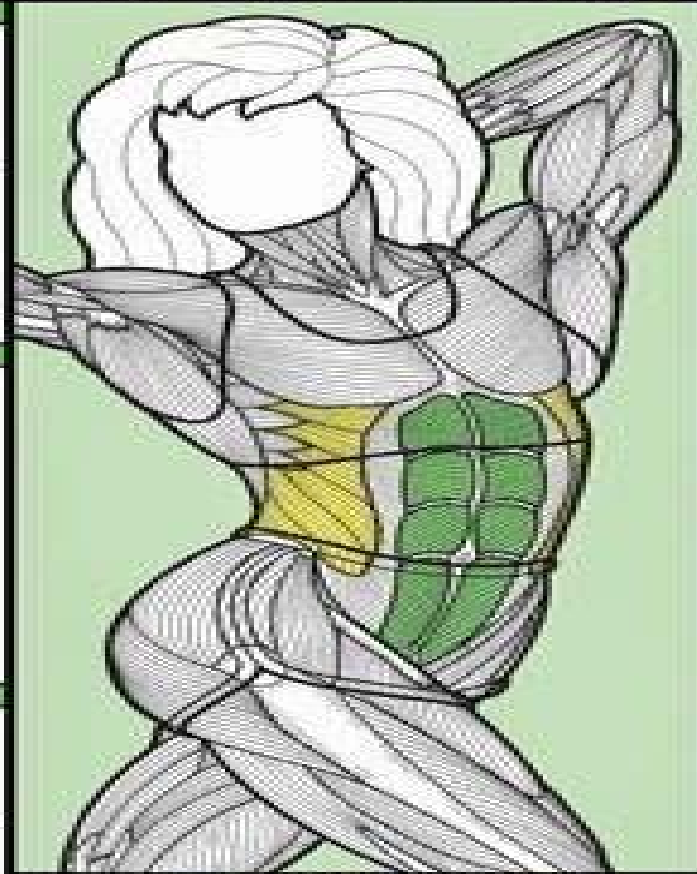


4. Breathe in and exhale as you lift.



SEATED KNEE UP

1. Sit on the floor, knees bent, feet flat on the floor, arms at your sides.
2. Lift your head and shoulders off the floor, using your abdominal muscles to pull your head up.



MUSCLE COLOR CODE

- ABDOMINALS** (Green)
- EXTERNAL OBLIQUES** (Yellow)
- INTERNAL OBLIQUES** (Purple)
- TRANSVERSE ABDOMINAL** (Red)

DECLINE CRUNCH

1. Lie on your back on a decline bench, knees bent, feet flat on the floor, arms at your sides.
2. Place your hands behind your head.



3. Breathe in and exhale as you lift.



DUMBBELL SIDE BEND

1. Stand with feet shoulder-width apart, holding a dumbbell in each hand.
2. Breathe in and exhale as you bend.
3. Breathe in and exhale as you return to the starting position.



HANGING LEG RAISE

1. Hang on the bar, hands shoulder-width apart, feet flat on the floor.
2. Lift your legs off the floor, keeping your knees bent.
3. Breathe in and exhale as you lift.



SEATED TWIST

1. Sit on the floor, knees bent, feet flat on the floor, arms at your sides.
2. Lift your head and shoulders off the floor, using your abdominal muscles to pull your head up.



DUMBBELL WORKOUT

CHEST	DUMBBELL PRESS	DUMBBELL FLY	DUMBBELL SHOULDER
	ALTERNATE DUMBBELL CURL	CONCENTRATION CURL	DUMBBELL CURL
	STATIC DUMBBELL EXTENSION	ONE-ARM DUMBBELL EXTENSION	OVERHEAD TRICEPS EXTENSION
BICEPS			DUMBBELL WRIST CURL
			DUMBBELL REVERSE WRIST CURL

DUMBBELL WORKOUT

SHOULDER	ACHING DUMBBELL PRESS	ACHING FRONT RAISE	REAR-OVER LATERAL RAISE
	ONE-ARM DUMBBELL RAISE	REAR-OVER ROW	SHOULDER SHRUG
	SQUAT	LUNGE	FRONT SQUAT
BACK			SHRUGS FOR BICEP
			SHRUGS FOR TRICEP

BEGINNING YOGA



YOGA is a combination of physical postures, breathing exercises, and meditation. It is a holistic approach to health and well-being. The physical postures help to stretch and strengthen the body, while the breathing exercises and meditation help to calm the mind and reduce stress. Regular practice of yoga can lead to improved flexibility, strength, and overall health.

1 BABY POSE

1. Start on your hands and knees with your feet together and your hands in front of you.

2. Lower your hips to the floor, resting your buttocks on your heels.

3. Round your back and bring your head down to the floor, resting your forehead on the ground.

4. Hold for 30 seconds.

2 KNEE SQUEEZE

1. Lie on your back with your knees bent and feet flat on the floor.

2. Pull your knees towards your chest, squeezing them together.

3. Hold for 30 seconds.

3 SIDE TRIANGLE

1. Stand on your right leg with your left leg extended to the side.

2. Bend your right leg at the knee and reach your right hand down to your right ankle.

3. Hold for 30 seconds.

4 STOMACH LIFT

1. Start on your hands and knees with your feet together and your hands in front of you.

2. Lift your hips up and back, forming an inverted V-shape with your body.

3. Hold for 30 seconds.

5 FORWARD BEND

1. Stand with your feet hip-width apart.

2. Bend forward from the hips, reaching your hands down to your feet.

3. Hold for 30 seconds.

6 DIAMOND POSE

1. Sit on the floor with your knees bent and feet flat on the floor.

2. Pull your knees towards your chest, squeezing them together.

3. Hold for 30 seconds.

7 TOE TOUCH

1. Lie on your back with your legs straight and feet flat on the floor.

2. Reach your hands down to your feet, pulling your knees towards your chest.

3. Hold for 30 seconds.

8 SPINE TWIST

1. Sit on the floor with your knees bent and feet flat on the floor.

2. Twist your torso to the right, reaching your right hand towards your left foot.

3. Hold for 30 seconds.

9 EASY BRIDGE

1. Lie on your back with your knees bent and feet flat on the floor.

2. Lift your hips up and back, forming an inverted V-shape with your body.

3. Hold for 30 seconds.

10 BACK STRENGTHENER

1. Lie on your back with your knees bent and feet flat on the floor.

2. Lift your hips up and back, forming an inverted V-shape with your body.

3. Hold for 30 seconds.

11 SIT UP

1. Lie on your back with your knees bent and feet flat on the floor.

2. Lift your head and shoulders off the floor, reaching your hands towards your knees.

3. Hold for 30 seconds.

12 EASY COBRA LIFT

1. Lie on your stomach with your elbows on the floor and your hands in front of you.

2. Lift your chest up and back, forming an inverted V-shape with your body.

3. Hold for 30 seconds.

13 ARM AND LEG BALANCE

1. Start on your hands and knees with your feet together and your hands in front of you.

2. Lift your hips up and back, forming an inverted V-shape with your body.

3. Hold for 30 seconds.

ROWING MACHINE

Information and Conditioning

PROPER POSTURE, FORM AND SAFETY

- Do not slouch forward or lean backward excessively.
- Keep a light grip on the handles, using a light grip.
- Pull straight back with both hands. Never twist the stroke or put a knee over the other. Always sit on the seat with both feet flat on the footrests.
- Use proper posture by using "neutral" over both shoulders, hips, and ankles.
- Avoid twisting, twisting and back twisting while rowing.
- Avoid pulling your feet out from under you.
- Avoid leaning your torso far backward when sitting.
- Use the handles to push rather than pull.

NOTE:

Be cautious about the water level in the reservoir. Do not overfill.

HEALTH BENEFITS

Weight Loss

Rowing is a full-body workout that burns calories and builds muscle. It is an excellent way to lose weight and improve your overall health.

Cardiovascular

Rowing is a cardiovascular workout that improves heart health and circulation. It is an excellent way to improve your endurance and overall fitness.

Joints

Rowing is a low-impact workout that is gentle on the joints. It is an excellent way to improve your joint health and overall fitness.

HANDLES

Use an overhead or chest grip. *"From the inside light"*

DRUM

Adjust the handle to the "Sweet Spot" *"Sweet Spot"*

DRUMS

Settings on the Drum are a measure of resistance and are measured in pounds. The lowest setting is 10 lbs. The highest setting is 250 lbs. The drum settings are used to vary the level of resistance. The higher settings are used in a "Sweet Spot" rowing stroke. The lowest setting is used in a "Sweet Spot" rowing stroke. The drum settings are used to vary the level of resistance. The higher settings are used in a "Sweet Spot" rowing stroke. The lowest setting is used in a "Sweet Spot" rowing stroke.



FOOT STRAPS

Securely attach your feet to the footrests. Do not use the straps unless you are wearing them.

FLY WHEEL

Adjust the flywheel to the "Sweet Spot" rowing stroke.

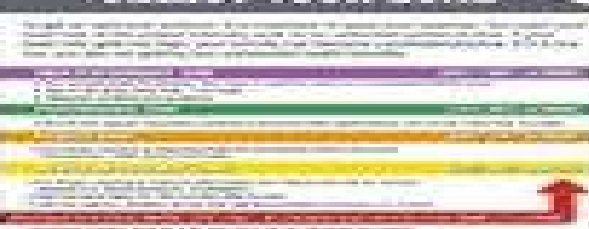
STAGES OF THE STROKE

- Catch:** The starting point of the stroke. The feet are flat on the footrests, and the hands are on the handles. The body is upright, and the knees are bent.
- Drive:** The main power phase of the stroke. The legs push against the footrests, and the arms pull the handles towards the chest. The body leans back slightly.
- Finish:** The end of the power phase. The hands are on the chest, and the feet are flat on the footrests. The body is upright, and the knees are bent.
- Recovery:** The transition phase of the stroke. The hands move forward, and the feet are flat on the footrests. The body leans forward.
- Idle:** The resting point of the stroke. The hands are on the handles, and the feet are flat on the footrests. The body is upright, and the knees are bent.

MUSCLES WORKED



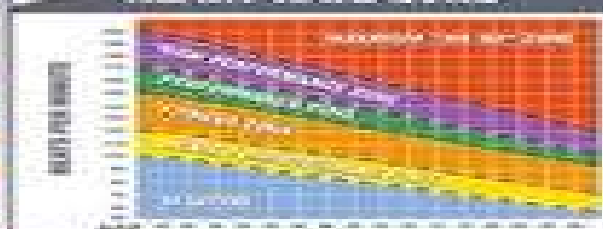
SELECT YOUR ZONE



THE WORKOUT

Rowing is a full-body workout that burns calories and builds muscle. It is an excellent way to lose weight and improve your overall health. The workout consists of several stages: a warm-up, a main workout, and a cool-down. The warm-up should be 5-10 minutes of light rowing. The main workout should be 20-30 minutes of rowing at a moderate to high intensity. The cool-down should be 5-10 minutes of light rowing.

HEART RATE ZONE



Productive Fitness is a leading provider of fitness equipment and services. We offer a wide range of products and services to help you achieve your fitness goals.

www.productivefitness.com

STAIRCLIMBER WORKOUT

MAKE UP OF A WORKOUT

Before starting an exercise or training session, it is highly recommended that you gradually increase your heart rate with walking or light jogging. Incorporating warm-up stretches before the workout will help prevent any over-exercising and maximize your system for the upcoming workout or training period.

5 MINUTES

WARMING PERIOD

The training period should consist of about 20-30 minutes of low to moderate intensity cardiovascular workout. However, if you are over-exercising or training in the heat, it is recommended that you rest for 15-20 minutes. The American College of Sports Medicine (ACSM) states that if you are over-exercising or training in the heat, it is recommended that you rest for 15-20 minutes. The American College of Sports Medicine (ACSM) states that if you are over-exercising or training in the heat, it is recommended that you rest for 15-20 minutes.

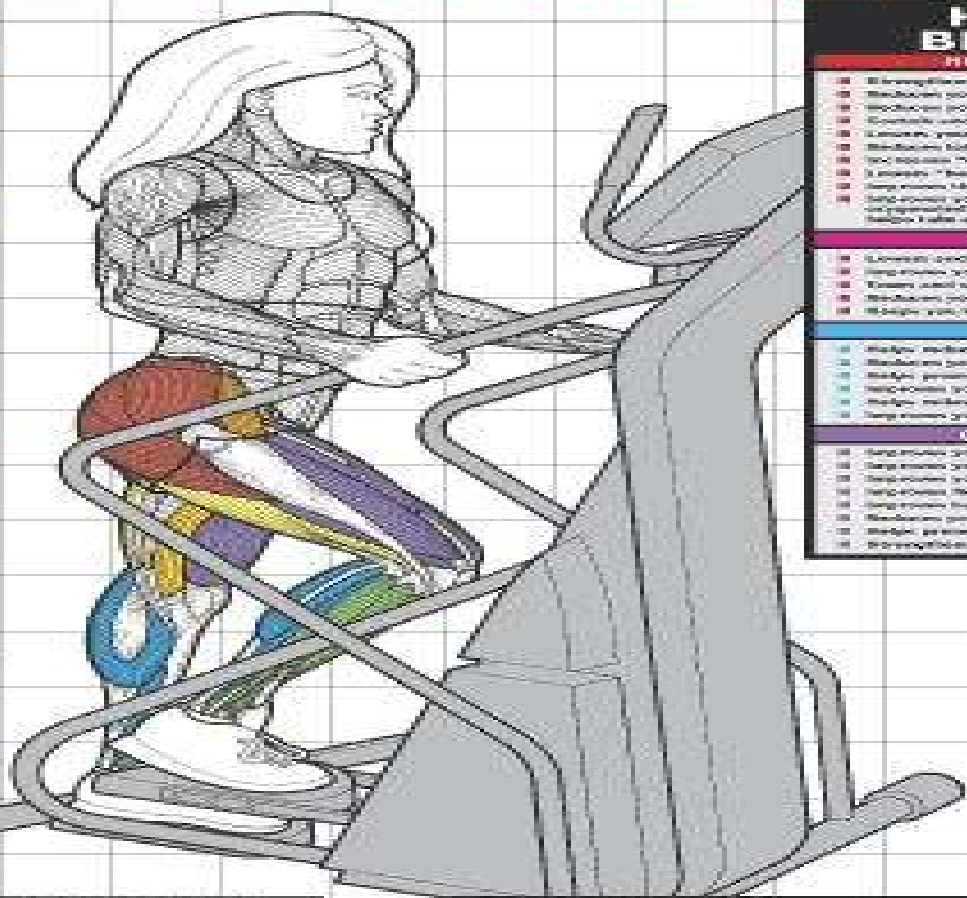
20-30 MIN.

After completing your exercise or training period, you should gradually lower your heart rate by walking and stretching. This will help prevent any over-exercising and maximize your system for the upcoming workout or training period.

5 MINUTES

MAJOR MUSCLES INVOLVED

- BUTTOCKS (GLUTEALS)
- LEGS (QUADRICEPS)
- THIGHS (HAMSTRINGS)
- ANKLES (CALCANEUS)
- CORE (TRUNK MUSCLES)
- ARMS (DUMBBELLS)
- SHOULDERS (DUMBBELLS)
- WRISTS (DUMBBELLS)



HEALTH BENEFITS

HEART AND LUNGS

- Strengthens heart muscle
- Reduces your risk of heart disease
- Reduces your risk of having a stroke
- Controls your blood sugar levels
- Lowers your blood pressure
- Reduces total cholesterol
- Increases your HDL (good) cholesterol
- Increases your LDL (bad) cholesterol
- Reduces your triglyceride levels
- Reduces your blood pressure
- Reduces your risk of heart disease

APPEARANCE

- Lowers and controls your weight
- Reduces your appearance
- Reduces your body fat
- Reduces your blood pressure
- Reduces your cholesterol

ENERGY

- Helps reduce your energy levels
- Reduces your risk of injury
- Helps promote relaxation
- Reduces your stress
- Helps reduce your cholesterol
- Reduces your blood pressure

QUALITY OF LIFE

- Reduces your blood pressure
- Reduces your energy levels
- Reduces your cholesterol
- Reduces your blood pressure
- Reduces your cholesterol
- Reduces your blood pressure
- Reduces your cholesterol

MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE

Monitoring your heart rate is a key component of any fitness program. It helps you determine if you are working hard enough to see results. There are several ways to monitor your heart rate, including using a heart rate monitor, a pulse oximeter, or a simple pulse check. The best way to monitor your heart rate is by using a heart rate monitor. This device will give you a real-time reading of your heart rate, allowing you to adjust your workout intensity as needed. A pulse oximeter is another option, as it can measure your heart rate and oxygen saturation levels. Finally, a simple pulse check can be done by feeling your pulse at your wrist or neck. However, this method is less accurate than using a heart rate monitor.

TRAINING HEART RATE ZONES

TRAINING ZONE	PERCENTAGE OF HEART RATE	WEIGHT LOSS	AEROBIC ZONE	ANEROBIC ZONE
KEY POINTS OF EACH ZONE				
PERCENTAGE OF TRAINING				
	LIGHT	EASY	HARD	HARD

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	EASY (50%-60%)	WEIGHT LOSS (60%-70%)	AEROBIC ZONE (70%-80%)	ANEROBIC ZONE (80%-90%)
10	105-126	126-147	147-168	168-189
20	100-120	120-140	140-160	160-180
30	95-114	114-133	133-152	152-171
40	90-108	108-126	126-144	144-162
50	85-102	102-119	119-136	136-153
60	80-96	96-112	112-128	128-144
70	75-90	90-105	105-120	120-135
80	70-84	84-98	98-112	112-126
90	65-78	78-91	91-104	104-117
100	60-72	72-84	84-96	96-108

ELLIPTICAL WORKOUT

MAKE UP OF A WORKOUT

Get into a healthy exercise or fitness routine. It's highly recommended that you gradually increase your heart rate while walking or light jogging. Incorporating more intense interval or HIIT workouts will further strengthen your cardiovascular and muscular systems for the upcoming winter-weather season.

5 MINUTES

A. WARM UP

The training period should consist of cardiovascular exercise that uses all working muscles in order to get your training heart rate up. However, if you are incorporating an interval or HIIT workout, it should be broken up into 20-30 second intervals of 80-90% of your maximum heart rate (MHR) and 30-60 second intervals of 40-50% of your MHR. This will help you build up your cardiovascular system and increase your heart rate. It is important to monitor your heart rate during the workout to ensure that you are in the desired heart rate zone.

20-30 MIN.

B. TRAINING PERIOD

After completing your warm-up or training period, you should gradually lower your heart rate. This can be done by walking or light jogging. It is important to monitor your heart rate during the workout to ensure that you are in the desired heart rate zone.

5 MINUTES

C. COOL DOWN

After completing your warm-up or training period, you should gradually lower your heart rate. This can be done by walking or light jogging. It is important to monitor your heart rate during the workout to ensure that you are in the desired heart rate zone.

HEALTH BENEFITS

HEART AND LUNGS

- Strengthens your heart muscle
- Improves your lung capacity
- Reduces your risk of heart disease
- Controls your blood pressure
- Lowers your heart rate
- Reduces blood cholesterol
- Improves oxygen flow to your heart
- Improves your circulation
- Improves the efficiency of your lungs
- Reduces your risk of heart disease

APPEARANCE

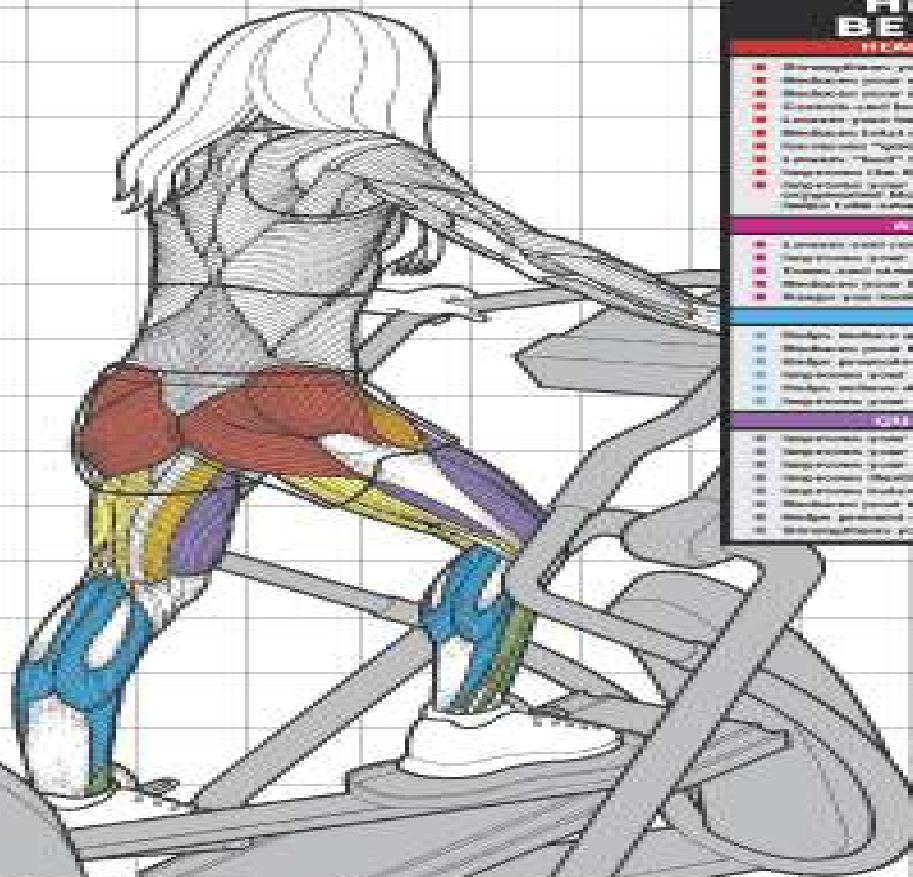
- Lowers your cholesterol
- Improves your circulation
- Reduces your body fat
- Keeps you looking younger longer

ENERGY

- Helps reduce your energy level
- Reduces your risk of heart disease
- Helps promote relaxation
- Reduces your stress
- Helps reduce depression
- Improves your mood

QUALITY OF LIFE

- Improves your overall health
- Improves your energy level
- Improves your circulation and strength
- Improves your mood and relaxation
- Improves your overall health
- Reduces your risk of heart disease
- Helps promote relaxation
- Improves your mood



MAJOR MUSCLES INVOLVED

- **FRONT OF THE LEG** (Quadriceps)
- **BACK OF THE LEG** (Hamstrings)
- **GLUTEUS** (Gluteus Maximus)
- **LOWER BACK** (Lower Back Muscles)
- **ARM** (Deltoids)
- **TRICEPS** (Triceps)
- **SHOULDER** (Shoulder Muscles)
- **NECK** (Neck Muscles)

MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING RATE & ZONE

Monitoring your heart rate is a key component of any fitness routine. It helps you determine if you are working hard enough to see results. There are several ways to monitor your heart rate, including using a heart rate monitor, a pulse oximeter, or a simple pulse check. The best training rate and zone for you will depend on your age, fitness level, and goals. It is important to consult with a healthcare professional before starting any new exercise routine.

TRAINING HEART RATE ZONES

TRAINING ZONE	PERCENT OF MAX HEART RATE	WEIGHT CORRELATION	AEROBIC ZONE	ANAEROBIC ZONE
LOW INTENSITY (EASY)	50-60%	50-60%	100-120%	100-120%
MEDIUM INTENSITY (MODERATE)	60-70%	60-70%	120-140%	120-140%
HIGH INTENSITY (HARD)	70-80%	70-80%	140-160%	140-160%
VERY HIGH INTENSITY (VERY HARD)	80-90%	80-90%	160-180%	160-180%

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	EASY ZONE (50-60%)	MODERATE ZONE (60-70%)	AEROBIC ZONE (70-80%)	ANAEROBIC ZONE (80-90%)
10	105-125	126-147	147-168	168-189
20	100-120	120-140	140-160	160-180
30	95-114	114-133	133-152	152-171
40	90-108	108-126	126-144	144-162
50	85-102	102-119	119-136	136-153
60	80-96	96-112	112-128	128-144
70	75-90	90-105	105-120	120-135
80	70-84	84-98	98-112	112-126
90	65-78	78-91	91-104	104-117
100	60-72	72-84	84-96	96-108

CYCLING WORKOUT

MAKE UP OF A WORKOUT

Before a workout, you should do 5 to 10 minutes of light activity to gradually increase your heart rate and get your body warmed up. This is called a warm-up. It also prepares your cardiovascular and muscular systems for the upcoming, more strenuous workout.

5 MINUTES

WARM-UP PERIOD

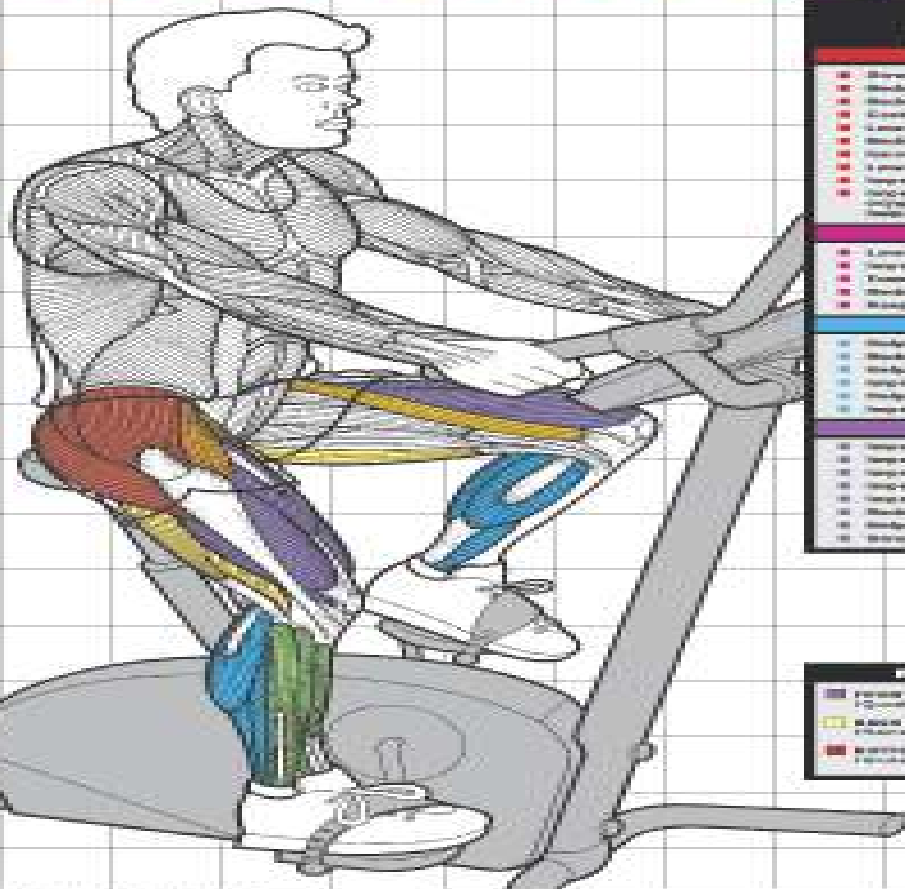
The training period should consist of continuous cycling for 20-30 minutes at a moderate to vigorous level. However, if you are new to cycling, you should start with 10-15 minutes of cycling at a low to moderate level (50%-70% of your max heart rate). If you are new to cycling, you should start with 10-15 minutes of cycling at a low to moderate level (50%-70% of your max heart rate). If you are new to cycling, you should start with 10-15 minutes of cycling at a low to moderate level (50%-70% of your max heart rate). If you are new to cycling, you should start with 10-15 minutes of cycling at a low to moderate level (50%-70% of your max heart rate).

20-30 MIN.

TRAINING PERIOD

After completing your warm-up or training period, you should gradually decrease your heart rate by 5-10 minutes of low to moderate cycling. This is called a cool-down. It helps your cardiovascular system to return to normal and safely return to rest.

5 MINUTES



HEALTH BENEFITS

HEART AND LUNGS

- Improves your heart health
- Reduces your risk of heart disease
- Increases your lung capacity
- Improves your circulation
- Increases your heart rate
- Reduces blood cholesterol
- Improves your blood pressure
- Increases your energy level
- Improves your mood
- Increases your endurance
- Increases your strength

APPEARANCE

- Increases your metabolism
- Increases your energy level
- Improves your mood
- Increases your endurance
- Increases your strength

WEIGHT

- Reduces your body fat
- Increases your metabolism
- Increases your energy level
- Improves your mood
- Increases your endurance
- Increases your strength

QUALITY OF LIFE

- Increases your energy level
- Increases your metabolism
- Improves your mood
- Increases your endurance
- Increases your strength
- Increases your circulation
- Increases your heart rate
- Increases your blood pressure
- Increases your blood cholesterol
- Increases your blood sugar

MUSCLES INVOLVED

- Heart and Lungs
- Back and Neck
- Arms and Hands
- Legs and Feet
- Core and Abdomen
- Shoulders and Upper Back
- Glutes and Hips
- Calves and Ankles

MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE

Monitoring your heart rate is a key component of a cycling workout. It helps you determine if you are working at the right intensity and allows you to adjust your effort as needed. There are several ways to monitor your heart rate, including using a heart rate monitor, a pulse oximeter, or a simple pulse check. The best training zone for you depends on your fitness level and goals. Generally, a heart rate of 100-150 bpm is considered a good training zone for most people.

TRAINING HEART RATE ZONES

TRAINING ZONE	HEART RATE RANGE (BPM)	PERCENTAGE OF MAX HEART RATE	TRAINING INTENSITY
VERY LIGHT	100-110	50-60%	Very Light
LIGHT	110-120	60-70%	Light
EASY	120-130	70-80%	Easy
HARD	130-140	80-90%	Hard
VERY HARD	140-150	90-100%	Very Hard

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	VERY LIGHT (50-60%)	LIGHT (60-70%)	EASY (70-80%)	HARD (80-90%)	VERY HARD (90-100%)
10	105-125	126-147	147-168	168-189	
20	100-120	120-140	140-160	160-180	
30	95-114	114-133	133-152	152-171	
40	90-108	108-126	126-144	144-162	
50	85-102	102-119	119-136	136-153	
60	80-96	96-112	112-128	128-144	
70	75-90	90-105	105-120	120-135	
80	70-84	84-98	98-112	112-126	
90	65-78	78-91	91-104	104-117	
100	60-72	72-84	84-96	96-108	

CYCLING WORKOUT

RECUMBENT

MAKE UP OF A WORKOUT

Before starting your workout on a recumbent exercise bike, it is highly recommended that you gradually increase your heart rate with walking or light jogging at 50% of your maximum heart rate for the first 5 minutes. Light stretching your flexibility and relaxation systems for the remaining 5 minutes.

5 MINUTES

5-10 MINUTE WARM UP PERIOD

The average person who exercises at least 30 minutes 3 times a week can expect an additional increase in heart rate of 10-15% over their resting heart rate. However, if you exercise 5 times a week, you can expect an increase in heart rate of 20-30% over their resting heart rate. A study conducted by the American College of Sports Medicine (ACSM) in 1996 found that a 30-minute workout on a recumbent exercise bike can increase heart rate by 20-30% over their resting heart rate. This is due to the fact that the recumbent exercise bike is designed to provide a low-impact workout that is gentle on the joints. This makes it an ideal choice for people who are recovering from an injury or who have a chronic condition such as arthritis.

20-30 MIN.

After completing your warm up or stretching period, you should gradually increase your heart rate. This can be done by increasing the resistance and pedaling speed. It is recommended that you maintain a heart rate of 150-170 beats per minute for the duration of your workout.

5 MINUTES

MAJOR MUSCLES INVOLVED

MAJOR MUSCLES INVOLVED

- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Shoulders
- Wrist/Fingers

HEALTH BENEFITS

HEART AND LUNGS

- Improves your heart and lung capacity
- Increases your heart rate and circulation
- Increases your lung capacity
- Increases your blood circulation
- Increases your heart rate
- Increases your lung capacity
- Increases your blood circulation
- Increases your heart rate
- Increases your lung capacity
- Increases your blood circulation

APPEARANCE

- Increases your metabolism
- Increases your energy level
- Increases your blood circulation
- Increases your heart rate
- Increases your lung capacity

WEIGHT

- Increases your metabolism
- Increases your energy level
- Increases your blood circulation
- Increases your heart rate
- Increases your lung capacity

QUALITY OF LIFE

- Increases your metabolism
- Increases your energy level
- Increases your blood circulation
- Increases your heart rate
- Increases your lung capacity
- Increases your blood circulation
- Increases your heart rate
- Increases your lung capacity
- Increases your blood circulation

MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE

Monitoring your heart rate during a workout is essential for determining your training zone. The heart rate zone is the range of heart rates that your body can sustain for a given duration of time. There are five main heart rate zones: very light, light, easy, hard, and very hard. Each zone has a specific heart rate range and associated benefits. For example, the very light zone is the lowest heart rate zone and is used for warm-ups and recovery. The very hard zone is the highest heart rate zone and is used for high-intensity interval training (HIIT) and other advanced workouts.

TRAINING HEART RATE ZONES

Training Zone	Very Light (50-60%)	Light (60-70%)	Easy (70-80%)	Hard (80-90%)	Very Hard (90-100%)
Heart Rate Range	50-60	60-70	70-80	80-90	90-100
Intensity	Very Low	Low	Medium	High	Very High
Benefits	Warm-up, recovery, improves blood circulation	Improves cardiovascular fitness, burns fat	Improves cardiovascular fitness, burns fat	Improves cardiovascular fitness, burns fat	Improves cardiovascular fitness, burns fat
Example	Walking, light stretching	Light jogging, cycling	Easy jogging, cycling	Hard jogging, cycling	Very hard jogging, cycling

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	Very Light (50-60%)	Light (60-70%)	Easy (70-80%)	Hard (80-90%)	Very Hard (90-100%)
10	105-125	126-147	147-168	168-189	189-210
20	100-120	120-140	140-160	160-180	180-200
30	95-114	114-133	133-152	152-171	171-190
40	90-108	108-126	126-144	144-162	162-180
50	85-102	102-119	119-136	136-153	153-170
60	80-96	96-112	112-128	128-144	144-160
70	75-90	90-105	105-120	120-135	135-150
80	70-84	84-98	98-112	112-126	126-140
90	65-78	78-91	91-104	104-117	117-130
100	60-72	72-84	84-96	96-108	108-120

TREADMILL WORKOUT

MAKE UP OF A WORKOUT

Get into a healthy and fit condition by following a workout routine. It is highly recommended that you gradually increase your heart rate with walking or light jogging. Incorporating more intense intervals is also recommended. Your body will respond to your intensity and you will see results in the upcoming weeks.

5 MINUTES

WARM UP PERIOD

The training period should consist of cardiovascular training from 20-30 minutes of walking or light jogging. However, if you are incorporating an interval or HIIT routine, the warm up should be 5-10 minutes. The warm up should be 5-10 minutes of low intensity walking or light jogging. The warm up should be 5-10 minutes of low intensity walking or light jogging. The warm up should be 5-10 minutes of low intensity walking or light jogging.

20-30 MIN.

TRAINING PERIOD

After completing your warm up or interval period, you should gradually increase your heart rate. This can be done by increasing the speed or incline of the treadmill. This can be done by increasing the speed or incline of the treadmill. This can be done by increasing the speed or incline of the treadmill.

5 MINUTES

HEALTH BENEFITS

HEART AND LUNGS

- Improves your heart health
- Reduces your risk of heart disease
- Increases your lung capacity
- Improves your circulation
- Increases your energy level
- Improves your mood
- Improves your sleep
- Improves your overall health

APPEARANCE

- Increases your metabolism
- Reduces your body fat
- Improves your skin
- Improves your posture
- Improves your overall appearance

WEIGHT

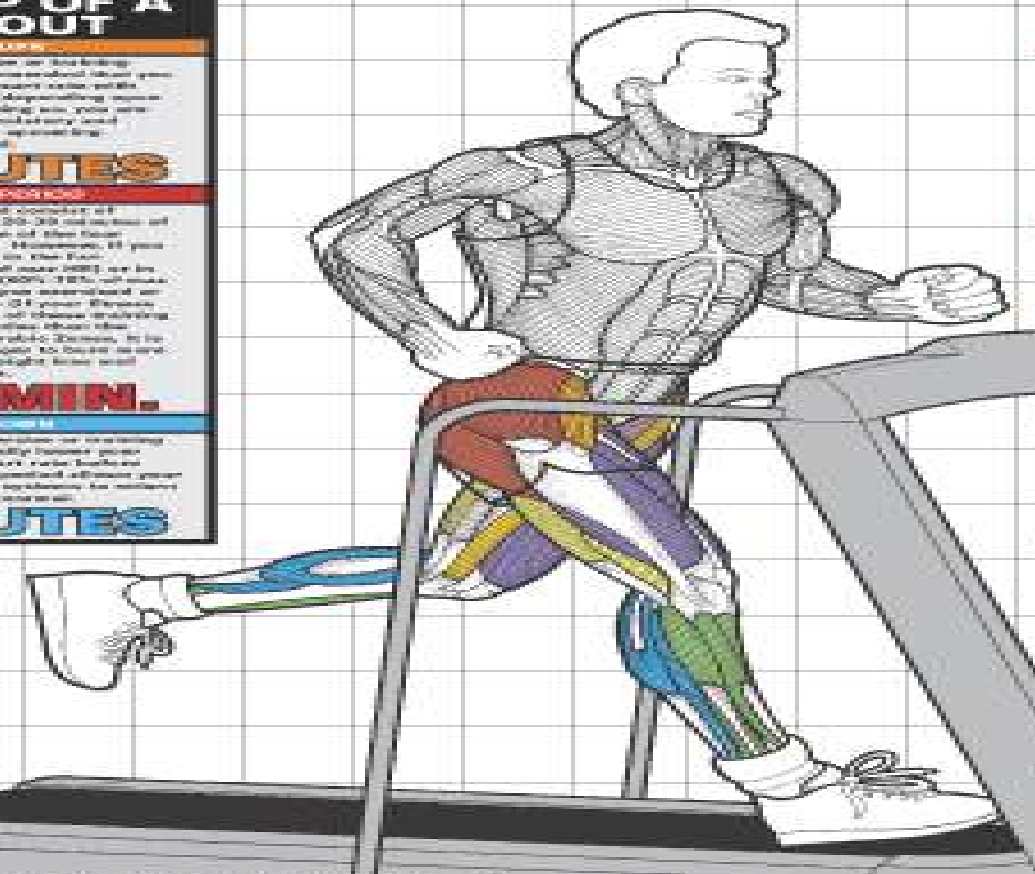
- Reduces your body weight
- Improves your metabolism
- Reduces your body fat
- Improves your posture
- Improves your overall appearance

QUALITY OF LIFE

- Improves your overall health
- Improves your energy level
- Improves your mood
- Improves your sleep
- Improves your overall health

MAJOR MUSCLES INVOLVED

- FOOT OF LEG
- HEEL OF LEG
- SHIN MUSCLES
- CALF MUSCLES
- GLUTEUS MUSCLES
- HAMstrings
- QUADRICEPS
- ABDOMINALS
- BACK MUSCLES
- NECK MUSCLES
- SHOULDER MUSCLES
- ARM MUSCLES
- WRIST MUSCLES
- HAND MUSCLES
- TOE MUSCLES



MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE

Monitoring your heart rate is a key component of any fitness routine. It helps you understand how your body is responding to exercise and allows you to adjust your intensity accordingly. There are several ways to monitor your heart rate, including using a heart rate monitor, a pulse oximeter, or simply feeling your pulse. The best training zone for you will depend on your age, fitness level, and goals. Consulting with a healthcare professional can help you determine the best heart rate range for your individual needs.

TRAINING HEART RATE ZONES

TRAINING ZONE	HEAVY ENDURANCE (60-70%)	MEDIUM ENDURANCE (70-80%)	AEROBIC ZONE (80-90%)	ANAEROBIC ZONE (90-100%)
KEY POINTS OF EACH ZONE	<ul style="list-style-type: none"> Improves cardiovascular fitness Increases endurance Reduces body fat Improves mood Improves sleep 	<ul style="list-style-type: none"> Improves cardiovascular fitness Increases endurance Reduces body fat Improves mood Improves sleep 	<ul style="list-style-type: none"> Improves cardiovascular fitness Increases endurance Reduces body fat Improves mood Improves sleep 	<ul style="list-style-type: none"> Improves cardiovascular fitness Increases endurance Reduces body fat Improves mood Improves sleep
INTENSITY OF TRAINING	LIGHT	EASY	HARD	HARD

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	HEAVY ENDURANCE (60-70%)	MEDIUM ENDURANCE (70-80%)	AEROBIC ZONE (80-90%)	ANAEROBIC ZONE (90-100%)
10	105-125	126-147	147-168	168-189
20	100-120	120-140	140-160	160-180
30	95-114	114-133	133-152	152-171
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60	80-96	96-112	112-128	128-144
70	75-90	90-105	105-120	120-135
80	70-84	84-98	98-112	112-126
90	65-78	78-91	91-104	104-117
100	60-72	72-84	84-96	96-108

Fiches exercices par Groupes musculaires (en espagnol)

<http://www.musculacion.net/ejercicios/ejercicios-de-musculacio>



[Pectorales](#)
[Dorsales](#)
[Hombros](#)
[Triceps](#)
[Piernas](#)
[Abdominales](#)



D'autres planches des posters des exercices de musculation cliquez sur l'un des liens internet si dessous:

<http://www.pinterest.com/arachnomme68/exercice/>

<http://www.tuvayanon.net/6france.html>

<http://club.doctissimo.fr/jackdaniels1/musculation-415945/photos.html>



[Ejercicios para hombros](#)
[Ejercicios para espalda](#)
[Ejercicios para tríceps](#)
[Ejercicios para bíceps](#)
[Ejercicios para pectorales](#)

<http://www.abdominales.es/rutinas-y-ejercicios>

<https://budova.wordpress.com/2009/05/07/>

<http://www.musculacion.net/ejercicios/>

[ejercicios-hombros-fotos](#)

<http://www.musculacion.net/ejercicios/ejercicios-animados-piernas-espalda-abdominales-pe>

<http://www.musculacion.net/entrenamientos/estiramientos-metodos-y-teorias>



Recueils complets des exercices de musculation:

Voici 2 guides complets des exercices de musculation cliquez sur l'un des deux liens internet si dessous pour accéder au dossier : (dossiers en anglais)

<http://fr.slideshare.net/SharWin1/how-to-gain-muscles-32427290?related=1>

http://fr.slideshare.net/sudtrip/the-mens-fitness-exercise-bible?qid=0481e18d-81aa-4316-b3e7-90a0acaf1069&v=default&b=&from_search=6

Planches des posters des exercices de musculation:

Cliquez sur le lien internet pour ouvrir le site puis de choisir quel planches voulez vous regarder:

<http://club.doctissimo.fr/jackdaniels1/photo/>