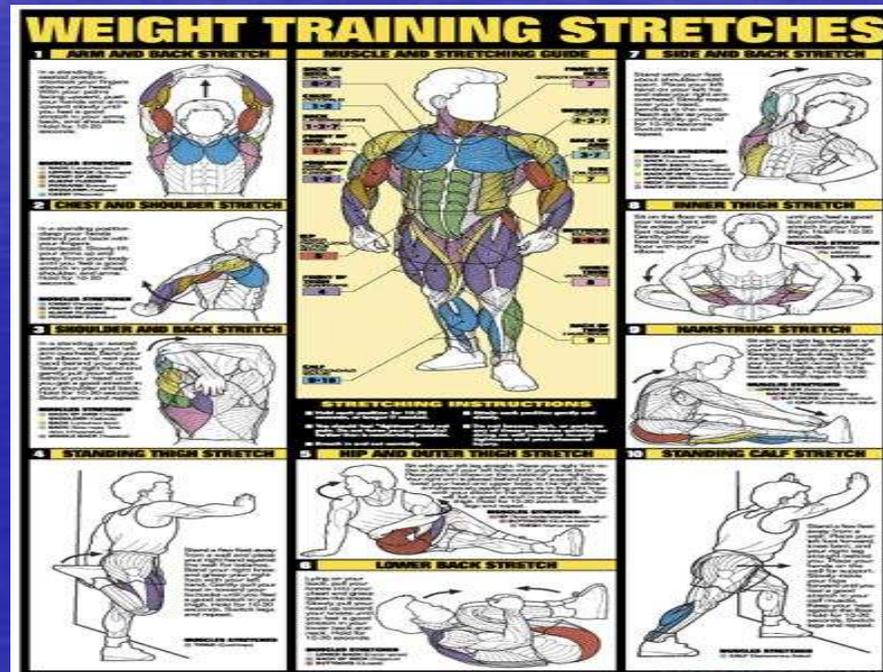


CHAPITRE 26

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





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

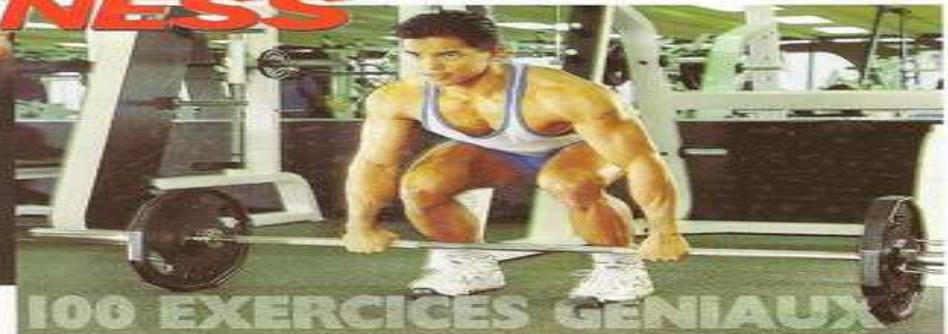
**Dans la diapo suivante voici une
fiche pratique des 100 meilleurs
exercices de musculation à
emporter avec vous pour vos
entraînements en salle de
musculation où chez vous**



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 ischijs 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

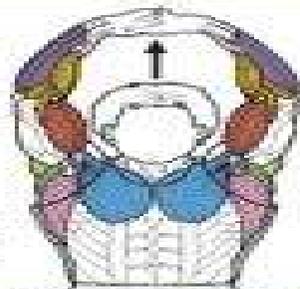


Dossier des posters de musculation

WEIGHT TRAINING STRETCHES

1 ARM AND BACK STRETCH

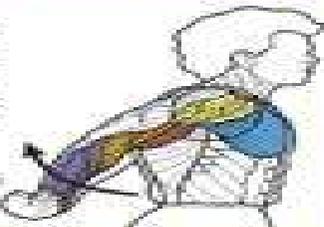
In a standing position, extend your arms overhead and hold for 15-20 seconds. Repeat 10-20 times.



MUSCLE STRETCHES:
 - Neck
 - Shoulder
 - Upper back
 - Lower back
 - Hip flexor
 - Hamstring

2 CHEST AND SHOULDER STRETCH

In a standing position, place your hands behind your back with your fingers interlocked. Draw up your arms and pull your body until you feel a good stretch in your chest and shoulders. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 - Chest
 - Shoulder
 - Neck

3 SHOULDER AND BACK STRETCH

In a standing or seated position, place your left hand on your right shoulder and your right hand on your left shoulder. Pull your hands toward your chest and back. Hold for 10-20 seconds.



MUSCLE STRETCHES:
 - Neck
 - Shoulder
 - Upper back
 - Lower back

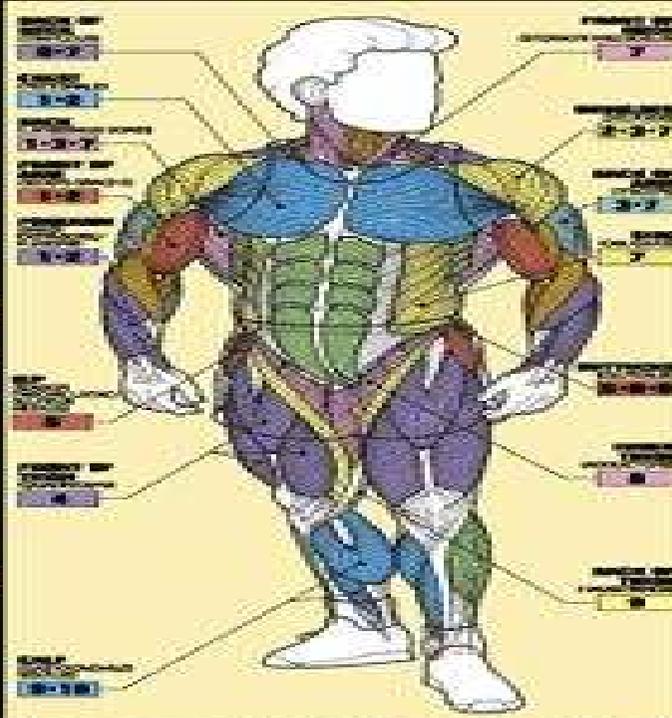
4 STANDING THIGH STRETCH



Stand on your left leg and place your right foot against the inside of your left knee. Pull your right knee toward your chest and hold for 10-20 seconds.

MUSCLE STRETCHES:
 - Hamstring
 - Hip flexor

MUSCLE AND STRETCHING GUIDE



STRETCHING INSTRUCTIONS:
 - Hold each stretch for 15-20 seconds.
 - Repeat each stretch 10-20 times.
 - Breathe normally throughout the stretch.
 - Do not bounce or jerk during the stretch.
 - Stop if you feel any pain or discomfort.

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. Bend your torso to the right and hold for 10-20 seconds.



MUSCLE STRETCHES:
 - Neck
 - Shoulder
 - Upper back
 - Lower back
 - Hip flexor
 - Hamstring

8 INNER THIGH STRETCH

Sit on the floor with your knees bent and feet flat on the floor. Pull your feet toward your chest and hold for 10-20 seconds.



MUSCLE STRETCHES:
 - Inner thigh
 - Hip flexor
 - Hamstring

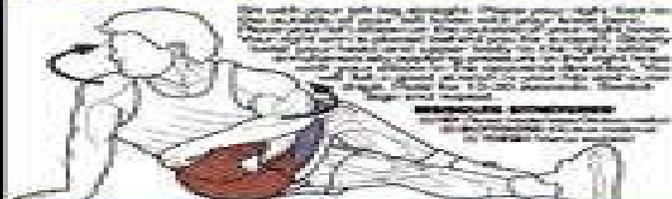
9 HAMSTRING STRETCH

Sit on the floor with your legs extended straight out in front of you. Reach forward with your hands toward your feet and hold for 10-20 seconds.



MUSCLE STRETCHES:
 - Hamstring
 - Hip flexor

5 HIP AND OUTER THIGH STRETCH



Lie on your left side with your right leg bent and your right foot against the inside of your left knee. Pull your right knee toward your chest and hold for 10-20 seconds.

MUSCLE STRETCHES:
 - Hip flexor
 - Hamstring
 - Inner thigh

6 LOWER BACK STRETCH

Lie on your back with your knees bent and feet flat on the floor. Pull your feet toward your chest and hold for 10-20 seconds.



MUSCLE STRETCHES:
 - Neck
 - Shoulder
 - Upper back
 - Lower back

10 STANDING CALF STRETCH

Stand on your left leg and place your right foot against the wall behind you. Push your right heel toward the wall and hold for 10-20 seconds.



MUSCLE STRETCHES:
 - Calf
 - Hip flexor

MUSCLE STRETCHES:
 - Neck
 - Shoulder
 - Upper back
 - Lower back

WEIGHT TRAINING FLEXIBILITY

1

Stand with feet shoulder-width apart, holding a weight in each hand. Lift your shoulders up towards your ears, then lower them back down. This exercise targets the trapezius muscles.

2

Stand with feet shoulder-width apart, holding a weight in each hand. Extend your arms out to the sides, parallel to the floor. This exercise targets the deltoid muscles.

3

Stand with feet shoulder-width apart, holding a weight in each hand. Lift one leg straight out in front of you, parallel to the floor. This exercise targets the quadriceps muscles.

4

Sit on the floor with your legs extended in front of you. Hold a weight in each hand and lift your arms straight out behind you. This exercise targets the rear deltoid muscles.

5

Sit on the floor with your knees bent and feet flat on the floor. Hold a weight in each hand and twist your torso to the right, then to the left. This exercise targets the oblique muscles.

6

Sit on the floor with your legs extended in front of you. Hold a weight in each hand and lift your legs straight out in front of you. This exercise targets the quadriceps muscles.

7

Sit on the floor with your legs extended in front of you. Hold a weight in each hand and lift your arms straight out in front of you. This exercise targets the anterior deltoid muscles.

MUSCLE GUIDE

Front
 Pectoral Muscle
 Deltoid
 Biceps
 Triceps
 Rectus Abdominis
 External Oblique
 Internal Oblique
 Transverse Abdominis
 Rectus Femoris
 Vastus Medialis
 Vastus Lateralis
 Vastus Intermedius
 Tibialis Anterior
 Peroneus Anterior
 Peroneus Posterior
 Gastrocnemius
 Soleus
 Plantar Fascia

Back
 Trapezius
 Latissimus Dorsi
 Erector Spinae
 Rhomboid
 Infraspinatus
 Teres Major
 Teres Minor
 Levator Scapulae
 Serratus Anterior
 Serratus Posterior
 Multifidus
 Spinalis
 Sacrospinous Ligament
 Sacrotuberous Ligament
 Piriformis
 Gluteus Maximus
 Gluteus Medius
 Gluteus Minimus
 Adductor
 Abductor
 Hamstring
 Calf
 Heel

Side
 External Oblique
 Internal Oblique
 Transverse Abdominis
 Rectus Abdominis
 External Intercostal
 Internal Intercostal
 Transverse Intercostal
 External Intercostal
 Internal Intercostal
 Transverse Intercostal

Neck
 Sternocleidomastoid
 Trapezius
 Levator Scapulae
 Splenius
 Semispinalis
 Semispinalis Cervicis
 Semispinalis Thoracis
 Semispinalis Lumborum
 Semispinalis Sacralis
 Sacrospinous Ligament
 Sacrotuberous Ligament
 Piriformis
 Gluteus Maximus
 Gluteus Medius
 Gluteus Minimus
 Adductor
 Abductor
 Hamstring
 Calf
 Heel

Hand
 Deltoid
 Biceps
 Triceps
 Forearm
 Hand

Foot
 Tibialis Anterior
 Peroneus Anterior
 Peroneus Posterior
 Gastrocnemius
 Soleus
 Plantar Fascia

Head
 Neck
 Head

Leg
 Hip
 Knee
 Ankle
 Foot

Arm
 Shoulder
 Elbow
 Wrist
 Hand

Torso
 Neck
 Head
 Chest
 Abdomen
 Pelvis
 Hip
 Knee
 Ankle
 Foot

Hand
 Deltoid
 Biceps
 Triceps
 Forearm
 Hand

Foot
 Tibialis Anterior
 Peroneus Anterior
 Peroneus Posterior
 Gastrocnemius
 Soleus
 Plantar Fascia

Head
 Neck
 Head

Leg
 Hip
 Knee
 Ankle
 Foot

Arm
 Shoulder
 Elbow
 Wrist
 Hand

Torso
 Neck
 Head
 Chest
 Abdomen
 Pelvis
 Hip
 Knee
 Ankle
 Foot

8

Stand with feet shoulder-width apart, holding a weight in each hand. Lift one leg straight out in front of you, parallel to the floor. This exercise targets the quadriceps muscles.

9

Sit on the floor with your knees bent and feet flat on the floor. Hold a weight in each hand and twist your torso to the right, then to the left. This exercise targets the oblique muscles.

10

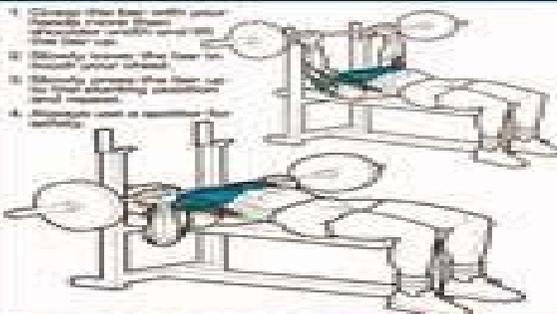
Stand with feet shoulder-width apart, holding a weight in each hand. Extend your arms out to the sides, parallel to the floor. This exercise targets the deltoid muscles.

11

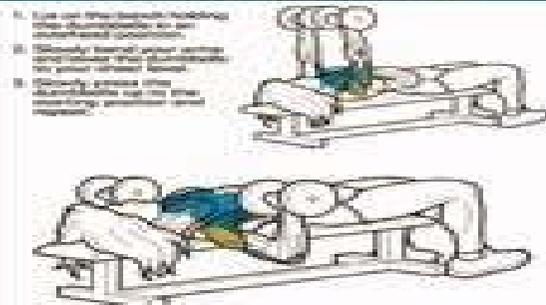
Sit on the floor with your legs extended in front of you. Hold a weight in each hand and lift your legs straight out in front of you. This exercise targets the quadriceps muscles.

CHEST WORKOUT

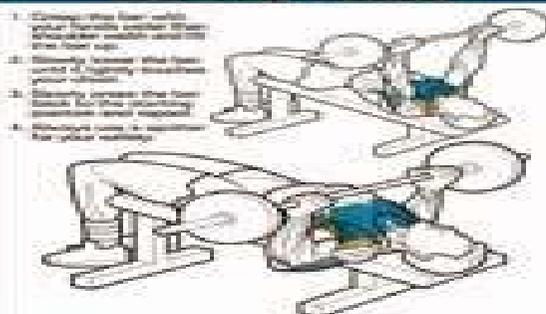
BENCH PRESS



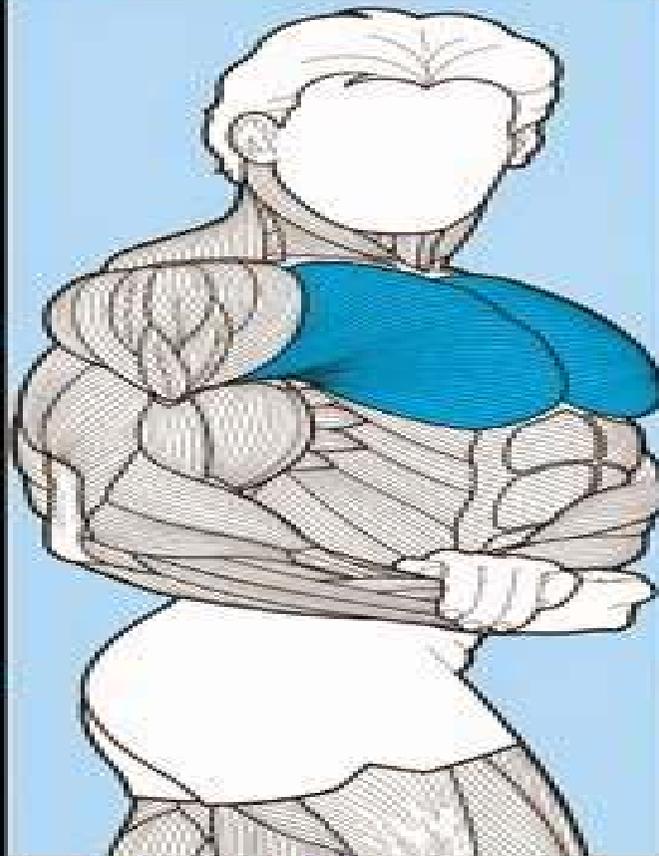
DUMBBELL PRESS



DECLINE PRESS



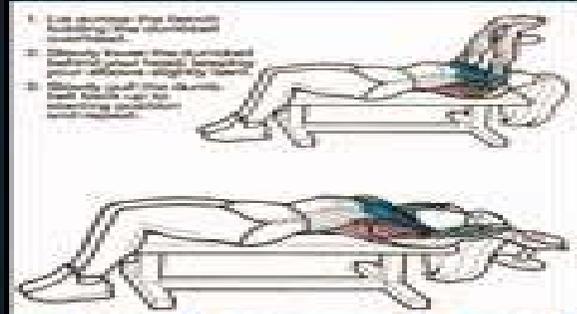
INCLINE DUMBBELL FLY



MUSCLE COLOR CODE

- Pectoralis Major
- Pectoralis Minor
- Anterior Deltoid
- Latissimus Dorsi
- Serratus Anterior
- Triceps
- Deltoid
- Anterior Deltoid
- Pectoralis Major
- Pectoralis Minor
- Anterior Deltoid
- Latissimus Dorsi
- Serratus Anterior
- Triceps
- Deltoid
- Anterior Deltoid

DUMBBELL PULLOVER



INCLINE DUMBBELL PRESS



DUMBBELL FLY

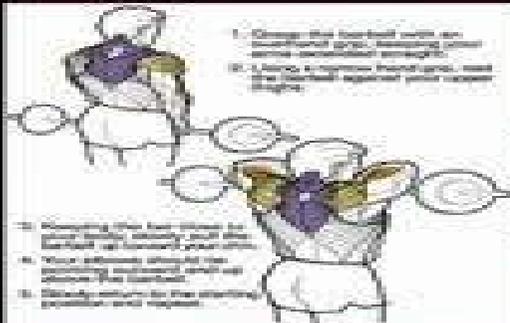


INCLINE PRESS



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 barbell in front of you, pull it up to your chest.
4. Your elbows should be in line with your shoulders.
5. Slowly return to the starting position and repeat.

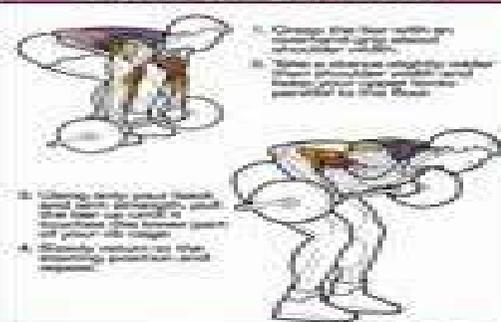
ONE-ARM DUMBBELL ROW



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

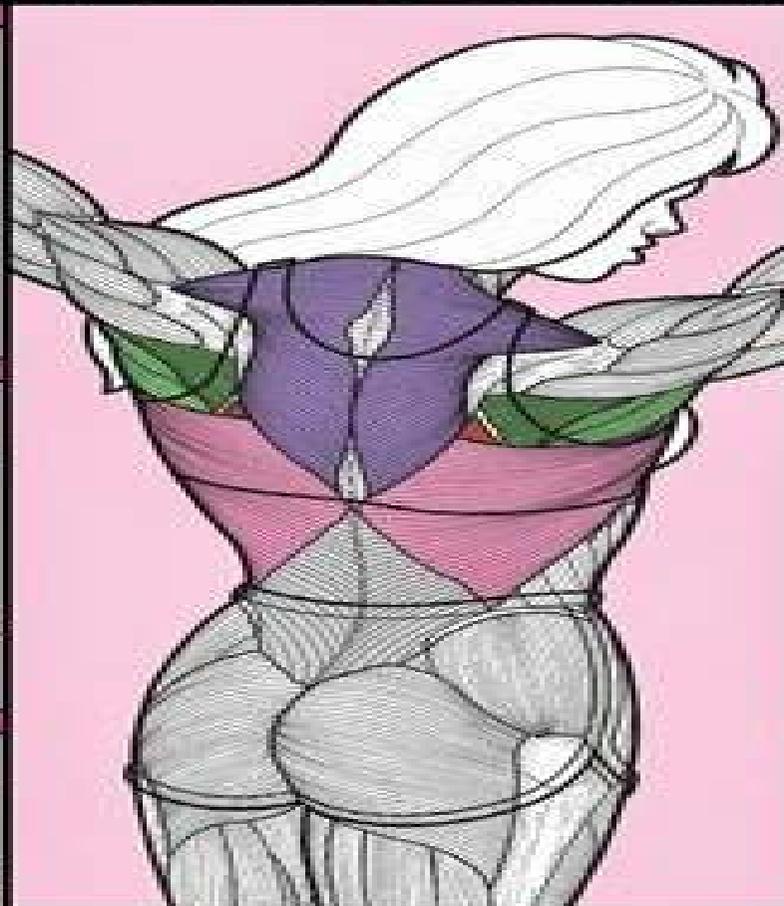
3. Bend the knee to form a 90-degree angle.
4. Pull the dumbbell up to your chest.
5. Slowly return to the starting position and repeat.

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.

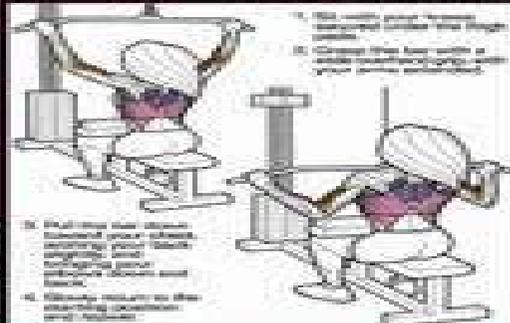
3. Pull the bar up to your chest.
4. Your elbows should be in line with your shoulders.
5. Slowly return to the starting position and repeat.



MUSCLE COLOR CODE

- Trapezius
- Latissimus dorsi
- Rhomboids
- Erector spinae
- Levator scapulae
- Deltoids
- Biceps
- Triceps
- Forearm muscles
- Hand and wrist muscles
- Neck muscles
- Head and neck muscles
- Chest muscles
- Abdominal muscles
- Hip and leg muscles
- Foot and ankle muscles

LAT PULLDOWN (FRONT)



1. Sit on a bench with your feet flat on the floor.
2. Grasp the bar with an overhand grip, holding your arms shoulder-width apart.

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

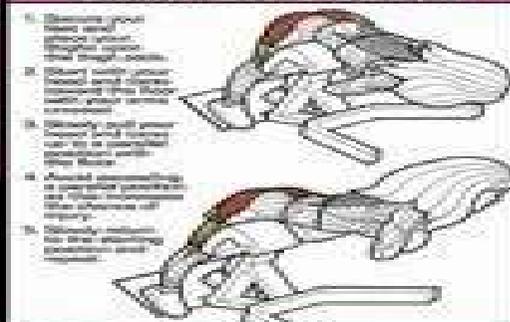
FRONT CHIN-UP



1. Grasp the bar with an overhand grip, holding your arms shoulder-width apart.
2. Pull your chin up to the bar.
3. Your elbows should be in line with your shoulders.
4. Slowly return to the starting position and repeat.

5. Slowly return to the starting position and repeat.

BACK EXTENSION



1. Lie on your back on a bench with your feet flat on the floor.
2. Lift your hips off the bench.
3. Your back should be straight.
4. Hold the position for a few seconds.
5. Slowly return to the starting position and repeat.

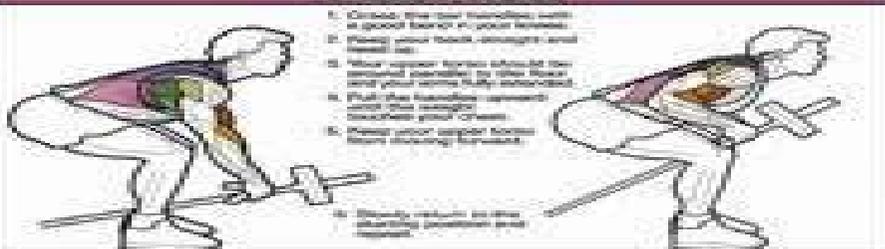
SEATED ROW



1. Place your feet against the feet.
2. Place your knees slightly bent.
3. Grasp the bar with an overhand grip, holding your arms shoulder-width apart.

4. Pull the bar up to 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 hand grip.
2. Place your feet against the feet.
3. Pull the bar up to your chest.
4. Your elbows should be in line with your shoulders.
5. Slowly return to the starting position and repeat.

6. Slowly return to the starting position and repeat.

LEG WORKOUT

LUNGE

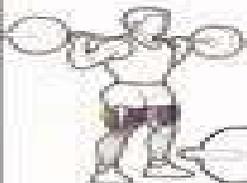


1. Stand with feet hip-width apart, arms at your sides.
2. Step forward with your right leg.
3. The back leg remains stationary.



4. Push your hips back and down.
5. Keep your back straight.
6. Hold for 10-15 seconds.
7. Repeat with the other leg.

SQUAT



1. Stand with feet hip-width apart, toes slightly out.
2. Lift the barbell off the ground and rest it on your shoulders.
3. Breathe in and brace your core.



4. Push your hips back and down.
5. Keep your back straight.
6. Hold for 10-15 seconds.
7. Repeat with the other leg.

LEG CURL



1. Lie on the machine with your feet under the rollers.
2. Grasp the handles.
3. Curl your legs up towards your chest.



4. Hold for 10-15 seconds.
5. Repeat with the other leg.

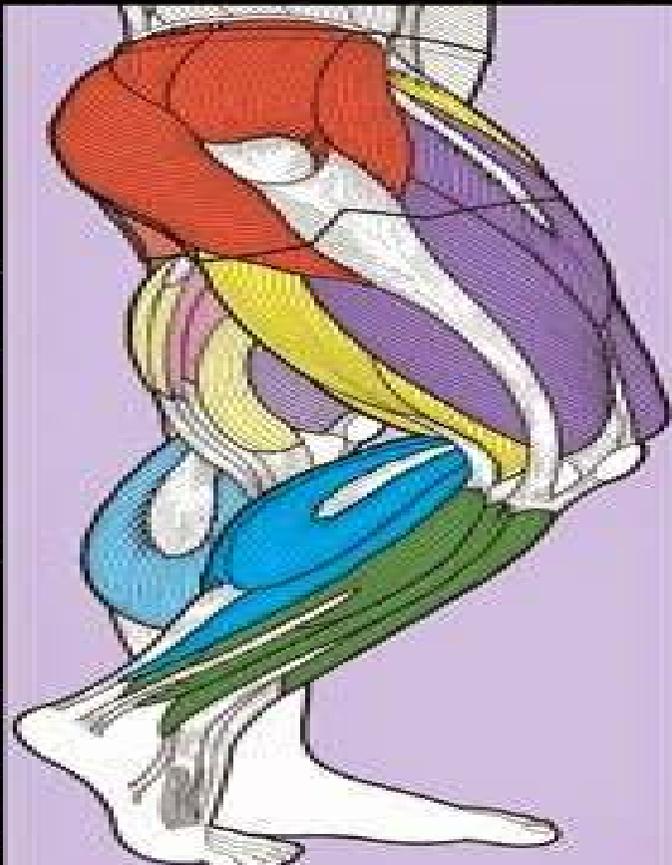
SEATED TOE RAISE



1. Sit on the chair with your feet on the end of the toe plate.
2. Raise a foot, keeping your thighs close to your torso.



3. Breathe in.
4. Hold for 10-15 seconds.



MUSCLE COLOR CODE

- Quadriceps
- Hamstrings
- Glutes
- Calves
- Anterior Tibialis
- Posterior Tibialis
- Peroneus
- Soleus
- Gastrocnemius
- Plantar Fascia

FRONT SQUAT



1. Stand with feet hip-width apart, toes slightly out.
2. Lift the barbell off the ground and rest it on your shoulders.



3. Push your hips back and down.
4. Keep your back straight.

LEG PRESS



1. Lie on the machine with your feet under the rollers.
2. Grasp the handles.
3. Push your legs up towards your chest.



4. Hold for 10-15 seconds.
5. Repeat with the other leg.

HACK SQUAT



1. Stand with feet hip-width apart, toes slightly out.
2. Lift the barbell off the ground and rest it on your shoulders.



3. Push your hips back and down.
4. Keep your back straight.

LEG EXTENSION



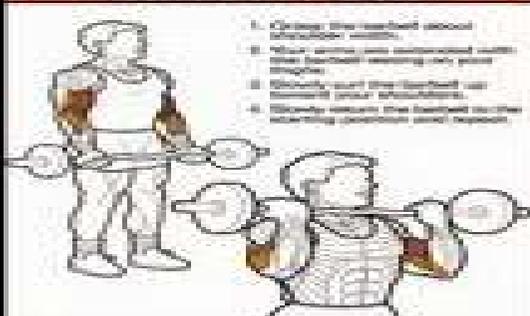
1. Sit on the machine with your feet under the rollers.
2. Grasp the handles.
3. Push your legs up towards your chest.



4. Hold for 10-15 seconds.
5. Repeat with the other leg.

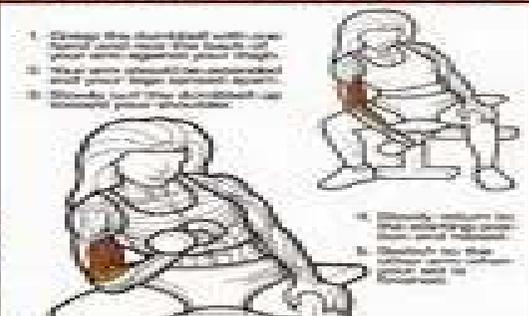
BICEPS & FOREARM WORKOUT

BARBELL CURL



1. Grasp the barbell about shoulder width.
2. Stand with feet hip-width apart and knees slightly flexed.
3. Breathe out the barbell, all while your shoulders.
4. Working against the barbell, curl the barbell up to your chest.

CONCENTRATION CURL



1. Grasp the dumbbell with one hand and rest the forearm of the other hand on your thigh.
2. Stand with feet hip-width apart and your legs slightly flexed.
3. Breathe out the dumbbell as you curl it up to your chest.

4. Rest your arm on your thigh.
5. Breathe in and lower the dumbbell to the starting position.

REVERSE CURL



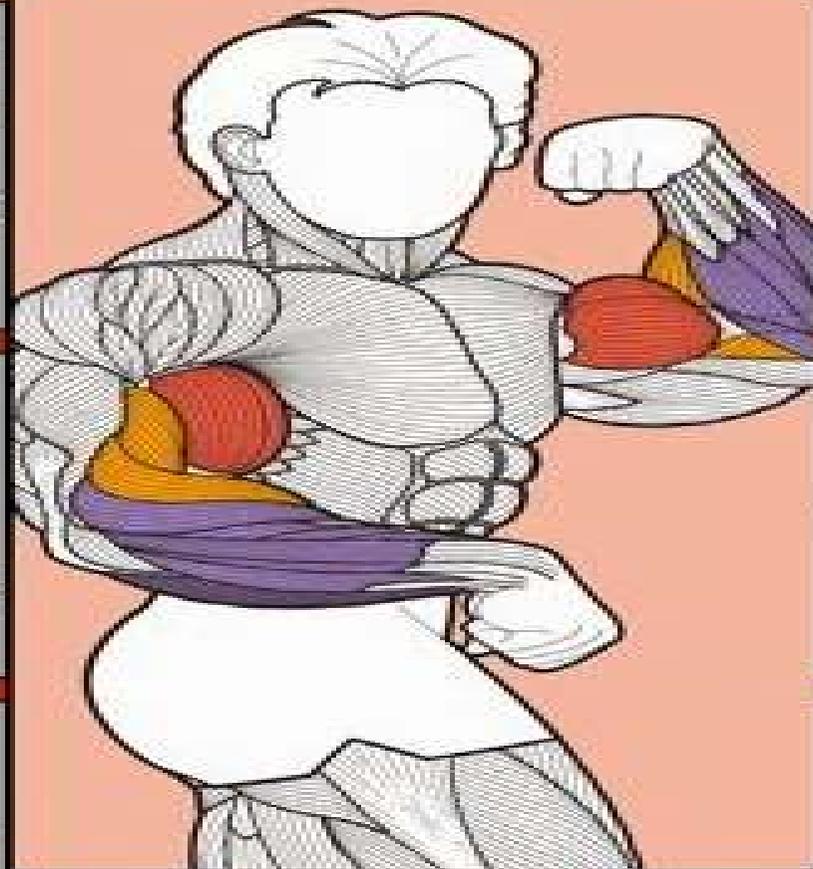
1. Grasp the barbell with an overhand grip, with your arms extended and your feet hip-width apart.
2. Breathe out the barbell as you curl it up to your chest.
3. Breathe in and lower the barbell to the starting position and legs.

PREACHER CURL



1. Grasp the dumbbell with one hand and rest the forearm of the other hand on the table.
2. Breathe out the dumbbell as you curl it up to your chest.
3. Breathe in and lower the dumbbell to the starting position.

4. Rest your arm on the table.
5. Breathe in and lower the dumbbell to the starting position.



MUSCLE COLOR CODE

■ BICEPS
■ BRACHIORADIALIS
■ BRACHIOBRACHIALIS
■ BRACHIALIS
■ BRACHIALIS
■ BRACHIALIS

1. Biceps: The biceps muscle is located in the upper arm, between the shoulder and the elbow. It is responsible for flexing the elbow and rotating the forearm.
2. Brachioradialis: The brachioradialis muscle is located in the forearm, between the elbow and the wrist. It is responsible for flexing the wrist and pronating the forearm.
3. Brachioabachialis: The brachioabachialis muscle is located in the upper arm, between the shoulder and the elbow. It is responsible for flexing the elbow and rotating the forearm.
4. Brachialis: The brachialis muscle is located in the upper arm, between the shoulder and the elbow. It is responsible for flexing the elbow.
5. Brachialis: The brachialis muscle is located in the upper arm, between the shoulder and the elbow. It is responsible for flexing the elbow.

ALTERNATE DUMBBELL CURL



1. Grasp the dumbbell with one hand and rest the forearm of the other hand on your thigh.
2. Stand with feet hip-width apart and your legs slightly flexed.
3. Breathe out the dumbbell, all while your shoulders.
4. Working against the dumbbell, curl the dumbbell up to your chest.

DUMBBELL CURL



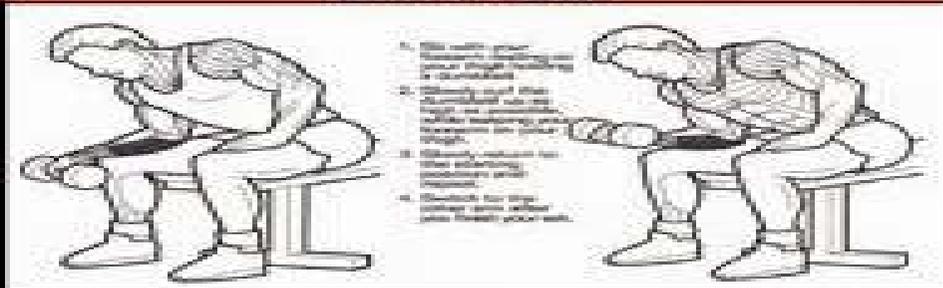
1. Sit on a bench, holding the dumbbell with one hand and rest the forearm of the other hand on your thigh.
2. Stand with feet hip-width apart and your legs slightly flexed.
3. Breathe out the dumbbell, all while your shoulders.
4. Working against the dumbbell, curl the dumbbell up to your chest.

REVERSE WRIST CURL



1. Sit on a bench, holding the dumbbell with one hand and rest the forearm of the other hand on your thigh.
2. Stand with feet hip-width apart and your legs slightly flexed.
3. Breathe out the dumbbell, all while your shoulders.
4. Working against the dumbbell, curl the dumbbell up to your chest.

WRIST CURL



1. Sit on a bench, holding the dumbbell with one hand and rest the forearm of the other hand on your thigh.
2. Stand with feet hip-width apart and your legs slightly flexed.
3. Breathe out the dumbbell, all while your shoulders.
4. Working against the dumbbell, curl the dumbbell up to your chest.

TRICEPS WORKOUT

TRICEPS PUSHDOWN

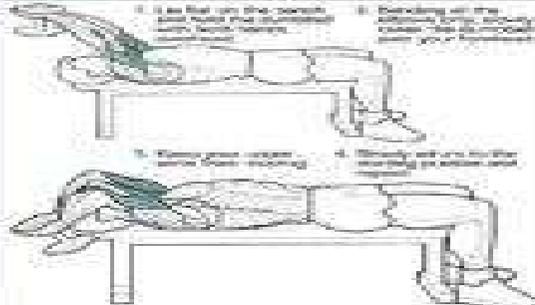
1. Start with your elbows resting against your upper arms and torso.
2. Pushing up, you extend your arms.



3. Pushing down, you extend your arms.

OVERHEAD TRICEPS EXTENSION

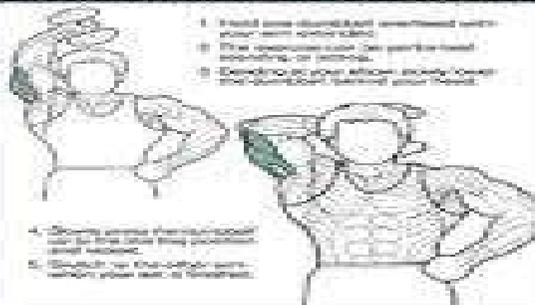
1. Lie flat on your back with your arms extended overhead.
2. Bending at the elbow, you lower the weight behind your head.



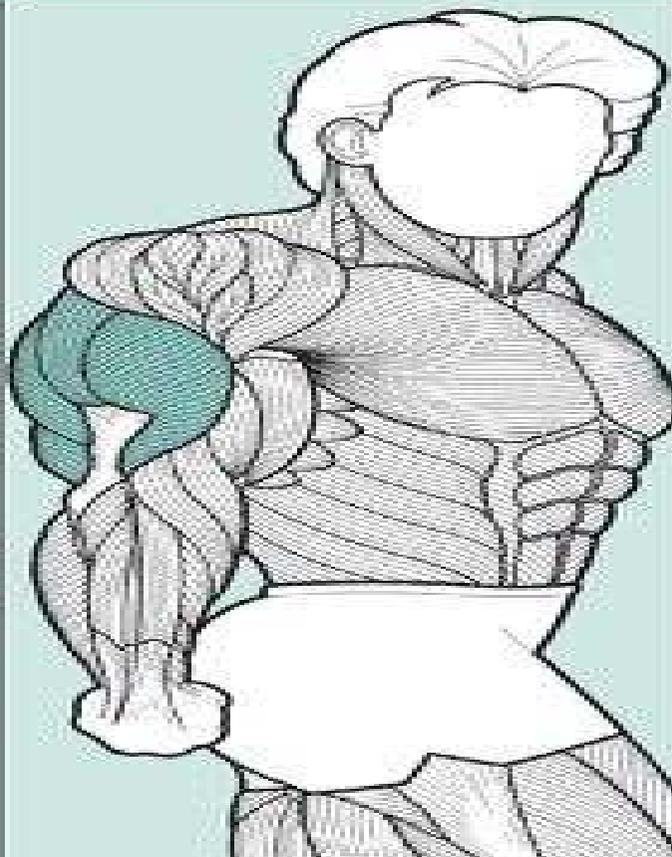
3. Pushing up, you extend your arms.
4. Bending at the elbow, you lower the weight behind your head.

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. Bending at the elbow, you lower the dumbbell behind your head.



4. Bending at the elbow, you lower the dumbbell behind your head.
5. Pushing up, you extend your arm.



MUSCLE COLOR CODE

■ TRICEPS BRACHII ■ BICEPS BRACHII

- 1. Triceps brachii muscle is the largest muscle in the arm.
- 2. It is composed of three heads: long, lateral, and medial.
- 3. The long head originates from the infraglenoid tubercle of the humerus and passes behind the elbow joint.
- 4. The lateral head originates from the acromioclavicular joint and passes behind the elbow joint.
- 5. The medial head originates from the humeral shaft and passes behind the elbow joint.

SEATED BARBELL EXTENSION

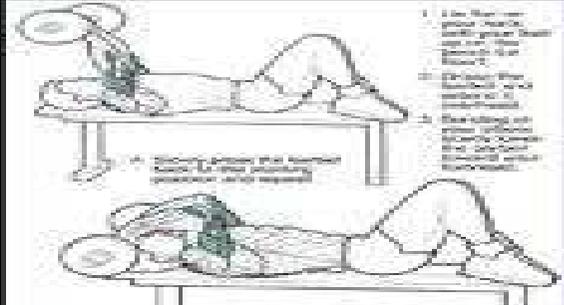
1. Sit on a bench with your feet flat on the floor.
2. Bending at the elbow, you lower the barbell behind your head.



3. Bending at the elbow, you lower the barbell behind your head.

OVERHEAD BARBELL EXTENSION

1. Lie flat on your back with your arms extended overhead.
2. Bending at the elbow, you lower the barbell behind your head.



3. Bending at the elbow, you lower the barbell behind your head.

SEATED DUMBBELL EXTENSION

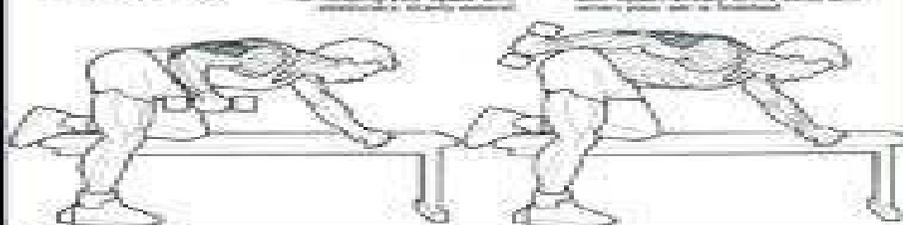
1. Sit on a bench with your feet flat on the floor.
2. Bending at the elbow, you lower the dumbbell behind your head.



3. Bending at the elbow, you lower the dumbbell behind your head.

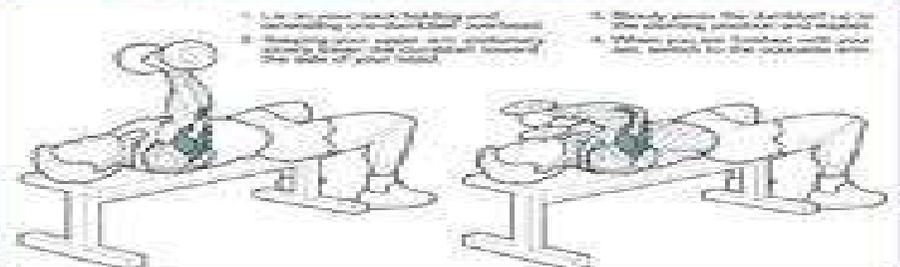
DUMBBELL KICKBACK

1. Place one knee on the floor and rest your arm on the floor.
2. Bending at the elbow, you lower the dumbbell behind your head.



DUMBBELL TRICEPS EXTENSION

1. Lie on your back with your arms extended overhead.
2. Bending at the elbow, you lower the dumbbell behind your head.



3. Bending at the elbow, you lower the dumbbell behind your head.

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 head and shoulders off the floor, using your abdominal muscles to pull your head up.
3. Breathe in and exhale as you lift.
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 head and shoulders off the floor, using your abdominal muscles to pull your head up.
3. Breathe in and exhale as you lift.
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.
3. Breathe in and exhale as you lift.
4. Breathe in and exhale as you lift.



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. 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.



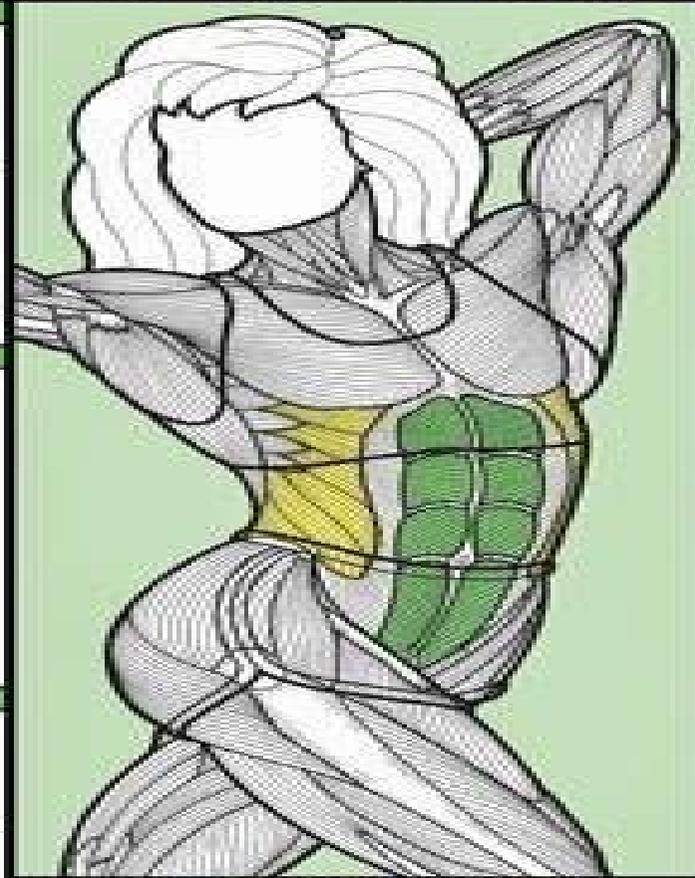
DUMBBELL SIDE BEND

1. Stand with feet shoulder-width apart, holding a dumbbell in each hand.
2. Bend your torso to the right, keeping your feet flat on the floor.
3. Breathe in and exhale as you bend.



HANGING LEG RAISE

1. Hang from a bar with your hands shoulder-width apart, feet flat on the floor.
2. Lift your legs up towards your chest, keeping your feet flat on the floor.
3. Breathe in and exhale as you lift.

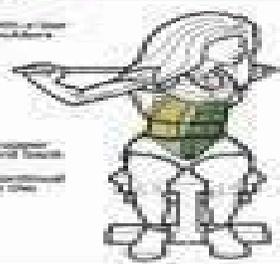
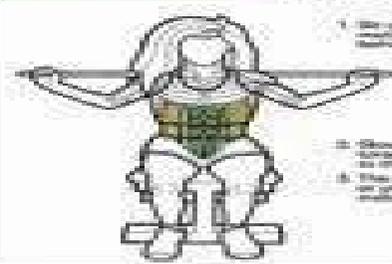


MUSCLE COLOR CODE

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

SEATED TWIST

1. Sit on the floor, knees bent, feet flat on the floor, arms at your sides.
2. Twist your torso to the right, keeping your feet flat on the floor.
3. Breathe in and exhale as you twist.



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	RELI-OVER LATERAL RAISE
	ONE-ARM DUMBBELL RAISE	RELI-OVER ROW	SHOULDER SHRUG
	SQUAT	LUNGE	FRONT SQUAT
BACK			SHRUGS FOR BARS
			SHRUGS FOR BARS
LEGS			
FOREARM			

BEGINNING YOGA



1. The abdominal muscles are the muscles of the front of the abdomen. They are the muscles that give the abdomen its shape and support the internal organs. They are also the muscles that are responsible for the flexion and extension of the trunk.

2. The abdominal muscles are divided into three main groups: the rectus abdominis, the external oblique, and the internal oblique. The rectus abdominis is the most prominent muscle and is the one that is most often referred to as the "abdominal muscles".

3. The abdominal muscles are important for many activities, including walking, running, jumping, and lifting. They are also important for maintaining good posture and preventing back pain.

1 BABY POSE

1. Start on all fours with hands under shoulders and knees under hips. Walk hands forward until forearms are on the floor.

2. Lower hips to the floor, keeping knees together and feet flat on the floor.

3. Hold for 30 seconds. Repeat 3 times.

2 KNEE SQUEEZE

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

2. Pull knees toward the chest, holding ankles with hands.

3. Hold for 30 seconds. Repeat 3 times.

3 SIDE TRIANGLE

1. Stand on the left leg with the right leg stepped out to the side.

2. Bend the right knee and reach the right hand down to the floor.

3. Hold for 30 seconds. Repeat 3 times on each side.

4 STOMACH LIFT

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

2. Lift the hips off the floor, holding the ankles with hands.

3. Hold for 30 seconds. Repeat 3 times.

5 FORWARD BEND

1. Stand with feet hip-width apart.

2. Bend forward from the hips, reaching for the feet.

3. Hold for 30 seconds. Repeat 3 times.

6 DIAMOND POSE

1. Sit on the floor with knees pulled up close to the body.

2. Press the feet together and hold the ankles with hands.

3. Hold for 30 seconds. Repeat 3 times.

7 TOE TOUCH

1. Lie on your back with arms extended overhead.

2. Lift the legs and reach for the toes.

3. Hold for 30 seconds. Repeat 3 times.

8 SPINE TWIST

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

2. Twist the torso to the right, holding the right knee with the left hand.

3. Hold for 30 seconds. Repeat 3 times on each side.

9 EASY BRIDGE

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

2. Lift the hips off the floor, holding the ankles with hands.

3. Hold for 30 seconds. Repeat 3 times.

10 BACK STRENGTHENER

1. Lie on your back with arms extended overhead.

2. Lift the head and shoulders off the floor.

3. Hold for 30 seconds. Repeat 3 times.

11 SIT UP

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

2. Lift the head and shoulders off the floor.

3. Hold for 30 seconds. Repeat 3 times.

12 EASY COBRA LIFT

1. Lie on your stomach with arms extended forward.

2. Lift the head and shoulders off the floor.

3. Hold for 30 seconds. Repeat 3 times.

13 ARM AND LEG BALANCE

1. Start on all fours with hands under shoulders and knees under hips.

2. Lift the right leg and hold it with the right hand.

3. Hold for 30 seconds. Repeat 3 times on each side.

ROWING MACHINE

Information and Conditioning

PROPER POSTURE, FORM AND SAFETY

- Sit with slouch forward or back leaning and discomfort.
- Keep a light grip on the handle, avoid a tight grip.
- Pull through arms with back straight. Never "cut" the stroke or put a knee into the stroke. Motion is the arms, then the legs, then the seat. Never lean with only one leg.
- Feet should remain on the foot straps with only one heel down.
- Avoid twisting, hinging and torso twisting while rowing. Feet rollers can rotate away.
- Avoid bending your wrists for catching your stroke. Stay in the center.
- Place the handle in the correct guide before beginning.

HANDLE

Use an overhead or overhead grip. Keep the handle light!

DRUM

Adjust the handle to the Drum 200 units. *Hand 200 units.*

DRUMS

Settings on the Drums are a personal preference and vary a minimum of 100 units. Settings of 100 units of resistance (200 units) are recommended when using the row handle. The higher settings (200-300) used in a maximum stroke (Power row) have more resistance than the other settings. The amount of resistance is determined by the "Drag Factor" setting. The "Drag Factor" setting is a setting from 1 to 10.

NOTE:

Be realistic about the water weight and resistance on your machine.

HEALTH BENEFITS

Weight Loss

Rowing is a full-body workout that burns calories and builds muscle. It is a low-impact exercise that is suitable for people of all ages and fitness levels.

Cardiovascular

Rowing is a cardiovascular exercise that improves heart health and circulation. It is a low-impact exercise that is suitable for people of all ages and fitness levels.

Joints

Rowing is a low-impact exercise that is gentle on the joints. It is a low-impact exercise that is suitable for people of all ages and fitness levels.



FOOT STRAPS

Securely attach your feet to the foot straps and then the straps adjust for resistance.

FLY WHEEL

Adjust your fly wheel that provides extra resistance when the stroke is done.

STAGES OF THE STROKE

1. Catch: The start of the stroke where the feet are on the straps and the handle is in front of the knees.
2. Drive: The main part of the stroke where the legs push against the foot straps and the arms pull the handle towards the chest.
3. Finish: The end of the stroke where the handle is at the chest and the feet are on the straps.
4. Recovery: The time between strokes where the seat slides forward and the handle is moved back to the start position.



MUSCLES WORKED



SELECT YOUR ZONE



THE WORKOUT

Rowing is a full-body workout that burns calories and builds muscle. It is a low-impact exercise that is suitable for people of all ages and fitness levels. Rowing is a cardiovascular exercise that improves heart health and circulation. It is a low-impact exercise that is suitable for people of all ages and fitness levels. Rowing is a low-impact exercise that is gentle on the joints. It is a low-impact exercise that is suitable for people of all ages and fitness levels.

HEART RATE ZONE



Productive Fitness Inc. 10000 16th Avenue S.W. Surrey, BC V4A 4L1 Canada

www.productivefitness.com

STAIRCLIMBER WORKOUT

MAKE UP OF A WORKOUT

5 MINUTES
WARM-UP
 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 injury, improve circulation, and maximize your system for the upcoming workout or training period.

5 MINUTES

EXTENDING PERIOD

The training period should consist of 20-30 minutes of moderate to vigorous intensity of cardio workout. In one of the four training heart rate zones, however, if you are over-exercising or training in the fat-burning zone (50-60% of your heart rate) for more than 120 minutes, it should be noted if you experienced an increase in the 40-50 million of your blood vessel diameter. When blood vessel diameter increases, it allows more blood to flow, which then the heart has to pump and increase its output. It is good to try to stay close to 100-120% of your calorie to burn in the weight loss and health benefit to your body.

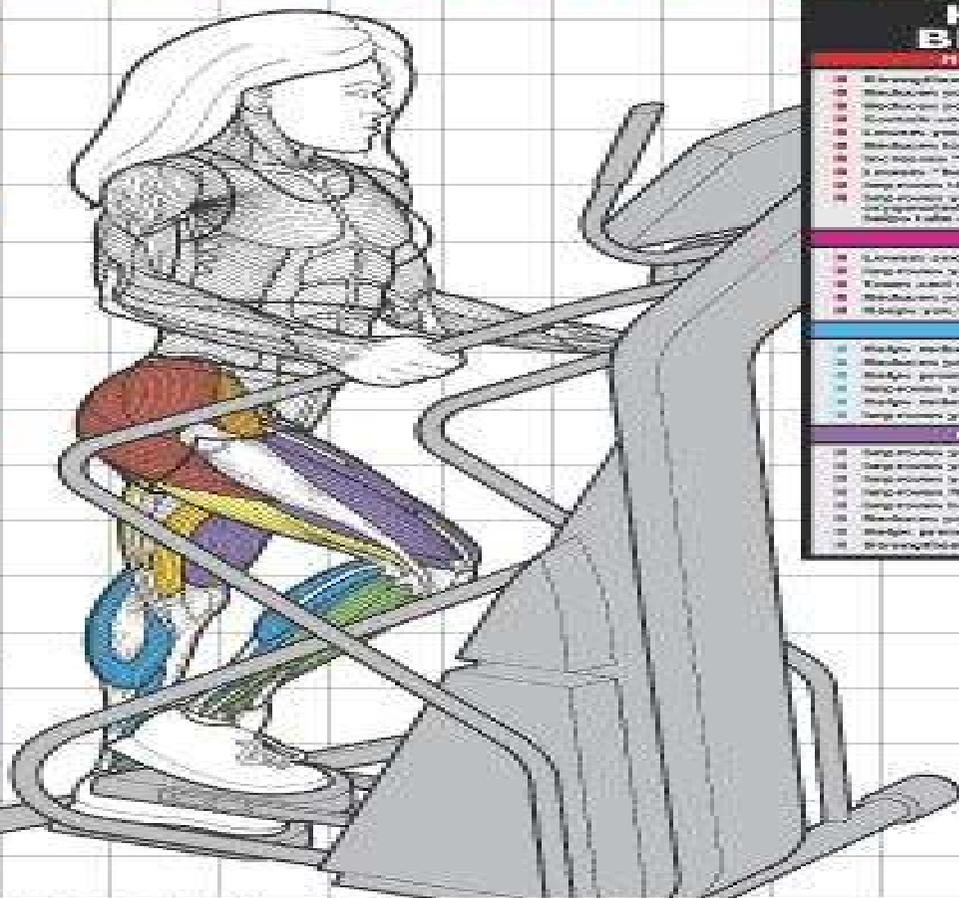
20-30 MIN.

After completing your exercise or training period, you should gradually lower your heart rate before you stop your workout. This will help you cool down and prevent your body from being shocked and minimize your risk of injury and safety hazard.

5 MINUTES

MAJOR MUSCLES INVOLVED

- **NECK AND SHOULDERS**
- **BACK AND CORE MUSCLES**
- **ARM AND WRIST MUSCLES**
- **GLUTEUS MUSCLES**
- **LEG AND FOOT MUSCLES**
- **HEART AND LUNGS**



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
- Improves your blood flow and your energy
- Reduces your blood sugar ability to supply your muscles and help you stay in your workout

APPEARANCE

- Lowers and controls your weight
- Improves your appearance
- Burns and reduces your body fat
- Reduces your body fat
- Helps you looking younger longer

ENERGY

- Helps reduce your fatigue
- Reduces your level of anxiety
- Helps promote relaxation
- Reduces your stress
- Helps reduce your depression
- Improves your mood

QUALITY OF LIFE

- Improves your overall health
- Improves your energy level
- Improves your coordination and strength
- Improves your overall health
- Improves your overall health
- Reduces your risk of disease
- Helps prevent osteoporosis
- Improves your immune system

MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE

Monitoring your heart rate during the workout is an important part of your training. The best way to monitor your heart rate is by using a heart rate monitor. The heart rate monitor will give you a real-time reading of your heart rate during the workout.

SELECTING THE BEST TRAINING ZONE
 During the heart rate monitor, you should select the best training zone for your workout. The best training zone is the one that allows you to burn the most calories and improve your overall health.

SELECTING THE BEST TRAINING ZONE
 During the heart rate monitor, you should select the best training zone for your workout. The best training zone is the one that allows you to burn the most calories and improve your overall health.

TRAINING HEART RATE ZONES

TRAINING ZONE	HEART RATE RANGE	WEIGHT LOSS	AEROBIC ZONE	ANAEROBIC ZONE
KEY POINTS OF EACH ZONE				
EFFICIENCY OF TRAINING				
	LIGHT	EASY	HARD	HARD

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	EASY ZONE (50%-60%)	WEIGHT LOSS ZONE (60%-70%)	AEROBIC ZONE (70%-80%)	ANAEROBIC 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 intervals of 20 minutes or less will help preserve 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 of your major muscles in each of the four training heart rate zones. However, if you are incorporating an interval on the Elliptical Trainer (ET) or other cardio gym machine, it should be broken if you sustained an average for 45-60 minutes of your Elliptical workout. This will help you choose training zones that are more effective than the regular Aerobic and Anaerobic zones. It is important to determine through the heart rate monitor to determine the right heart rate zone for your fitness goals.

20-30 MIN.

B. TRAINING PERIOD

After completing your warm-up or training period, you should gradually lower your heart rate. This will help you reach your target heart rate zone. It is important to determine the right heart rate zone for your fitness goals.

5 MINUTES

C. COOL-DOWN

After completing your warm-up or training period, you should gradually lower your heart rate. This will help you reach your target heart rate zone. It is important to determine the right heart rate zone for your fitness goals.

HEALTH BENEFITS

HEART AND LUNGS

- Improves your heart rate
- Increases your heart rate
- Reduces your risk of heart disease
- Controls your blood pressure
- Lowers your heart rate
- Reduces blood cholesterol
- Improves your heart rate

APPEARANCE

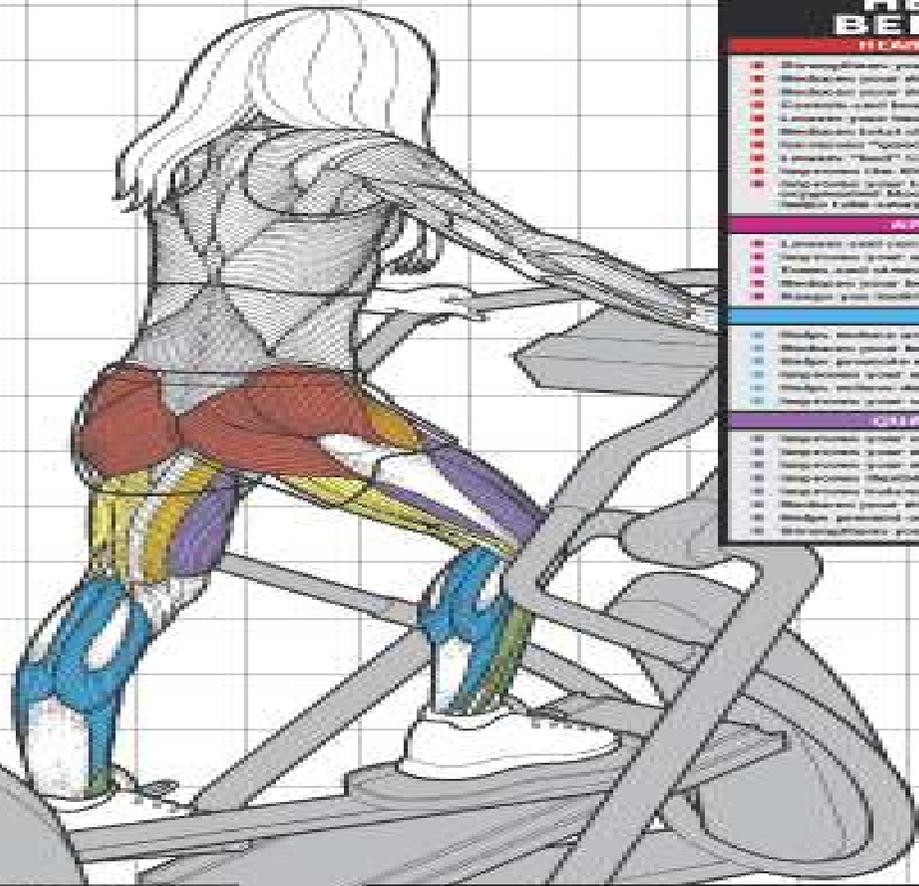
- Lowers your cholesterol
- Improves your appearance
- Improves your appearance
- Improves your appearance
- Improves your appearance

ENERGY

- Helps reduce your energy level
- Reduces your energy level
- Helps reduce your energy level
- Reduces your energy level
- Reduces your energy level

QUALITY OF LIFE

- Improves your quality of life
- Improves your quality of life
- Improves your quality of life
- Improves your quality of life
- Improves your quality of life



MAJOR MUSCLES INVOLVED

HEAD OF THE ARM (Shoulder)	GLUTE
ARM (Shoulder)	TRICEPS (Back)

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 fitness goals and current fitness level. It is important to consult with a healthcare professional before starting any new exercise routine.

TRAINING HEART RATE ZONES

TRAINING ZONE	HEART RATE RANGE (BPM)	WEIGHT CORRECTION (50%-70%)	AEROBIC ZONE (70%-90%)	ANAEROBIC ZONE (90%-100%)
KEY POINTS OF EACH ZONE				
EFFICIENCY OF TRAINING				
	LIGHT	EASY	HARD	HARD

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	HEART RATE RANGE (BPM)	WEIGHT CORRECTION (50%-70%)	AEROBIC ZONE (70%-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
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 starting an exercise or training session, it is highly recommended that you gradually warm up your heart rate with cycling or light jogging. Incorporating warm-up periods into your workout will further protect your circulation and muscular systems for the upcoming, more-demanding period.

5 MINUTES

1. WARMING PERIOD

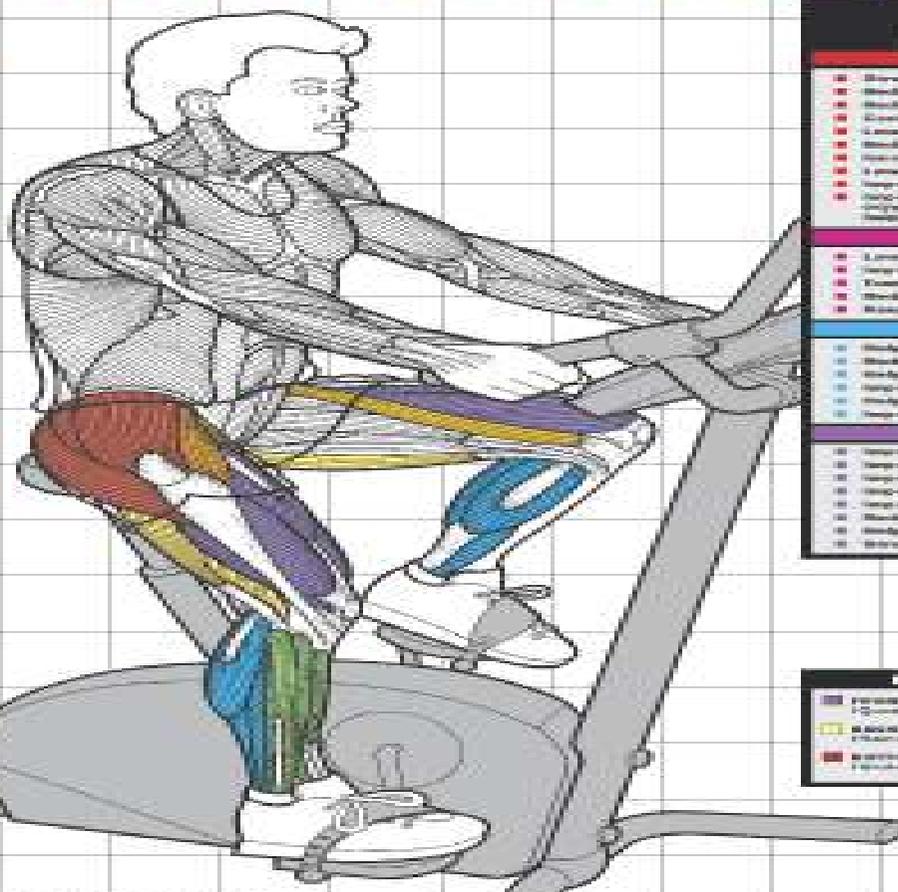
The training period should consist of approximately 20-30 minutes of continuous exercise at one of the four training heart rate zones. However, if you are new to cycling, you should do the Fun, Beginner Zone (50%-60% of your heart rate) for 20-30 minutes. If you are an experienced cyclist, you should do the Fun, Beginner Zone (50%-60% of your heart rate) for 10-15 minutes. If you are an experienced cyclist, you should do the Fun, Beginner Zone (50%-60% of your heart rate) for 10-15 minutes. If you are an experienced cyclist, you should do the Fun, Beginner Zone (50%-60% of your heart rate) for 10-15 minutes.

20-30 MIN.

2. EXERCISE

After completing your warm-up or training period, you should gradually lower your heart rate by using the Fun, Beginner Zone (50%-60% of your heart rate) for 5-10 minutes. This will help your circulation and muscular systems to return slowly and safely toward normal.

5 MINUTES



HEALTH BENEFITS

HEART AND LUNGS

- Improves your heart health
- Reduces your risk of heart disease
- Reduces your risk of stroke
- Controls your blood pressure
- Lowers your heart rate
- Reduces blood cholesterol
- Improves your lung capacity
- Improves your lung health
- Improves your lung health
- Improves your lung health

APPEARANCE

- Lowers your cholesterol
- Improves your appearance
- Improves your appearance
- Improves your appearance
- Improves your appearance

ENERGY

- Helps reduce your energy level
- Reduces your energy level

QUALITY OF LIFE

- Improves your quality of life
- Improves your quality of life
- Improves your quality of life
- Improves your quality of life
- Improves your quality of life
- Improves your quality of life
- Improves your quality of life

MUSCLE GROUPS INVOLVED

- **QUADRICEPS** (Front of thigh)
- **HAMSTRINGS** (Back of thigh)
- **GLUTES** (Buttocks)
- **CORE MUSCLES** (Abdomen, lower back)
- **SHOULDER MUSCLES** (Shoulders)
- **WASTEBELT MUSCLES** (Waist)
- **ANKLE MUSCLES** (Ankles)

MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE

Monitoring your heart rate is a key component of any cycling workout. It helps you determine if you are in the right training zone for your goals. There are several ways to monitor your heart rate, including using a heart rate monitor, a pulse oximeter, or a simple pulse check. The heart rate monitor is the most accurate method, as it provides real-time feedback on your heart rate. The pulse oximeter is a non-invasive method that measures the oxygen saturation of your blood. The pulse check is a simple method that involves feeling your pulse at your wrist or neck. The heart rate monitor is the most accurate method, as it provides real-time feedback on your heart rate. The pulse oximeter is a non-invasive method that measures the oxygen saturation of your blood. The pulse check is a simple method that involves feeling your pulse at your wrist or neck.

TRAINING HEART RATE ZONES

TRAINING ZONE	PERCENTAGE OF MAX HEART RATE	HEART RATE RANGE (BPM)	AEROBIC ZONE	ANAEROBIC ZONE
KEY POINTS OF EACH ZONE	50-60%	100-130	10-20%	80-90%
CHARACTERISTICS OF EACH ZONE	60-70%	130-150	20-30%	70-80%
HEALTH BENEFITS OF EACH ZONE	70-80%	150-170	30-40%	60-70%
TRAINING ZONE	80-90%	170-190	40-50%	50-60%
PERCENTAGE OF MAX HEART RATE	90-100%	190-220	50-60%	40-50%
HEART RATE RANGE (BPM)				
HEALTH BENEFITS OF EACH ZONE				
TRAINING ZONE				
PERCENTAGE OF MAX HEART RATE				
HEART RATE RANGE (BPM)				
HEALTH BENEFITS OF EACH ZONE				

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	FAT BURNING ZONE (50%-60%)	WEIGHT CONTROL ZONE (60%-70%)	AEROBIC ZONE (70%-80%)	ANAEROBIC 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

CYCLING WORKOUT

RECUMBENT

MAKE UP OF A WORKOUT

Before starting your workout on a recumbent stationary bike, it is highly recommended that you gradually increase your heart rate with walking or light jogging for 5-10 minutes, warm-up the muscles and cardiovascular system. Light stretching your quadriceps and hamstrings is also recommended for the upcoming workout.

5 MINUTES

WARM UP PERIOD

The average person who exercises on a recumbent stationary bike for 30 minutes will burn 300-400 calories. However, if you increase your speed or resistance to 100 RPM or 100 lbs. of resistance, you can burn 500-700 calories. In fact, a 150 lb. person who exercises on a recumbent stationary bike for 30 minutes at 100 RPM and 100 lbs. of resistance can burn 700-900 calories. To increase your calorie burn, you can increase your speed or resistance to 100 RPM and 100 lbs. of resistance. This will increase your calorie burn to 700-900 calories.

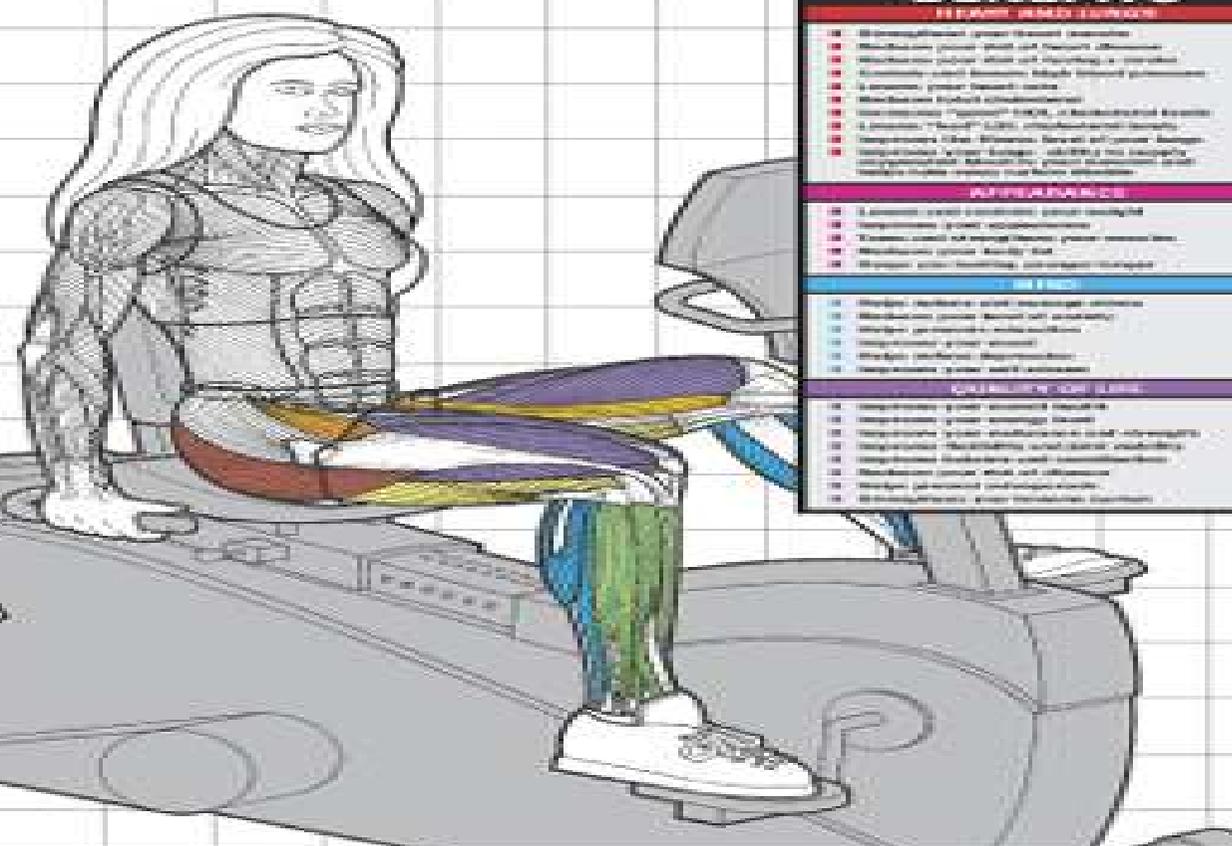
20-30 MIN.

After completing your warm-up or recovery period, you should gradually increase your speed or resistance to 100 RPM and 100 lbs. of resistance. This will increase your calorie burn to 700-900 calories. To increase your calorie burn, you can increase your speed or resistance to 100 RPM and 100 lbs. of resistance.

5 MINUTES

MAJOR MUSCLES INVOLVED

Glutes	Hamstrings	Quadriceps	Calves
Core	Lower Back	Upper Back	Neck
Shoulders	Triceps	Biceps	Forearms
Wrist	Hand	Thumb	Index



HEALTH BENEFITS

HEART AND LUNGS

- Improves heart and lung capacity
- Increases heart rate and blood flow
- Improves circulation and oxygen delivery
- Increases stroke volume and cardiac output
- Improves blood pressure and cholesterol levels
- Improves insulin sensitivity and blood sugar control
- Improves overall cardiovascular health
- Improves respiratory function and lung capacity
- Improves oxygen delivery to tissues
- Improves overall health and well-being

APPEARANCE

- Increases muscle mass and strength
- Improves posture and body alignment
- Improves skin health and circulation
- Improves overall body tone
- Improves overall appearance

ENERGY

- Increases energy and endurance
- Improves overall energy levels
- Improves mental focus and concentration
- Improves overall mood
- Improves overall performance
- Improves overall health and well-being

QUALITY OF LIFE

- Improves overall quality of life
- Improves overall health and well-being
- Improves overall mood and energy
- Improves overall performance and productivity
- Improves overall appearance and body tone
- Improves overall health and well-being
- Improves overall quality of life
- Improves overall health and well-being

MONITORING YOUR HEART RATE & SELECTING THE BEST TRAINING ZONE

Monitoring your heart rate during a cycling workout is essential for determining your training zone and ensuring you are getting the most out of your workout. There are several ways to monitor your heart rate, including using a heart rate monitor, a chest strap heart rate monitor, or a wrist-worn heart rate monitor. The most accurate way to monitor your heart rate is by using a chest strap heart rate monitor. This type of monitor is worn around the chest and measures the heart rate by detecting the electrical activity of the heart. Wrist-worn heart rate monitors are also available, but they are generally less accurate than chest strap monitors. Once you have determined your heart rate, you can use the following table to select the best training zone for your age and heart rate.

TRAINING HEART RATE ZONES

Training Zone	Light	Easy	Hard	Hard
Heart Rate Range	50-60	60-70	70-80	80-90
Intensity	Very Light	Light	Medium	Hard
Benefits	Improves circulation and oxygen delivery	Improves cardiovascular health and endurance	Improves overall health and well-being	Improves overall health and well-being

HEART RATE RANGE FOR YOUR AGE AND TRAINING ZONE

AGE	EASY (50%-60%)	MEDIUM (60%-70%)	AEROBIC (70%-80%)	ANEROBIC (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

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:](#)

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