

WEIDER

HOME GYM SYSTEMS EXERCISE GUIDE

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2. BACK STRETCH



3. BACK STRETCH



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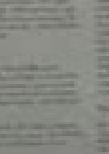
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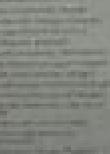
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ABOUT THIS EXERCISE GUIDE

Introduction

This guide is designed to help you get the most out of your home gym system. It includes a variety of exercises for different muscle groups, as well as tips and techniques for proper form and technique. The exercises are organized into four categories: upper body, lower body, core, and cardio. Each exercise includes a brief description, a list of equipment required, and a step-by-step guide with illustrations. The guide also includes a glossary of terms and a section on safety and injury prevention.

Equipment

The exercises in this guide can be performed using a variety of equipment, including dumbbells, resistance bands, kettlebells, and a home gym system. You can also use your own body weight for some of the exercises. The guide includes instructions for using each piece of equipment safely and effectively.

Getting Started

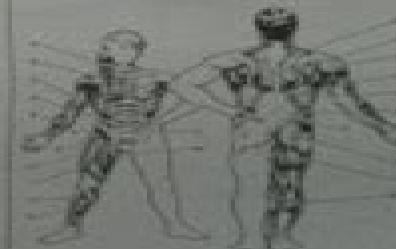
Before you begin, it's important to warm up your muscles and joints. This can be done by performing a few minutes of light cardio, such as jogging in place or cycling. You should also stretch your muscles to prevent injury. Once you're warmed up, you can begin the exercises in this guide.

Exercises and Techniques

The exercises in this guide are designed to target specific muscle groups. For example, the upper body exercises focus on the chest, shoulders, and back. The lower body exercises focus on the legs and glutes. The core exercises focus on the abdominal muscles. The cardio exercises focus on the heart and lungs. Each exercise includes a brief description, a list of equipment required, and a step-by-step guide with illustrations.

SAFETY TIPS AND INJURY PREVENTION

When performing exercises, it's important to use proper form and technique. This can help prevent injury and ensure that you're getting the most out of your workout. The guide includes tips and techniques for proper form and technique for each exercise.



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Mitchinson,2018-01-01 While the statistics for obesity have been alarming in the twenty first century concern about fatness has a history In Fighting Fat Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada Through the context of body medicine weight measurement food studies fat studies and the identity of those who were fat Mitchinson examines the attitudes and practices of medical practitioners nutritionists educators and those who see themselves as fat Fighting Fat analyzes a number of sources to expose our culture's obsession with body image Mitchinson looks at medical journals both their articles and the advertisements for drugs for obesity as well as magazine articles and advertisements including popular before and after weight loss stories Promotional advertisements reveal how the media encourages negative attitudes towards body fat The book also includes over 30 interviews with Canadians who defined themselves as fat highlighting the emotional toll caused by the stigmatizing of fatness **Willing's Press Guide**,2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts **Forbes**,1987 **Aquatic Exercise** Ruth Sova,1993 **Video Source Book**,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

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