



SEATED CABLE ROW
MUSCLE(S) TARGETED: Back, Biceps



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STANDING CABLE ROW
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WARM UP FOR THE DAY

Warm-up exercises are essential for preparing the body for physical activity. They increase heart rate, blood flow, and muscle temperature, which helps prevent injuries and improves performance. Dynamic stretching is preferred over static stretching before a workout.

Examples of warm-up exercises include:

- Light cardio (jogging, brisk walking, or cycling)
- Dynamic stretches like leg swings, arm circles, and torso twists.
- Bodyweight exercises such as squats, lunges, and push-ups.

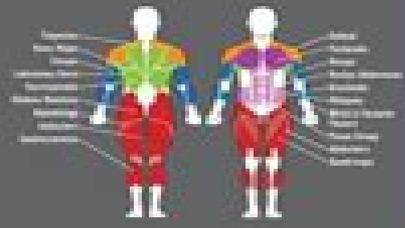
MUSCLE REFERENCE GUIDE

This guide identifies the primary muscles targeted by various exercises. Understanding muscle groups helps in designing a balanced workout routine.

Key muscle groups include:

- Cardiovascular:** Heart, lungs.
- Respiratory:** Diaphragm, intercostal muscles.
- Musculoskeletal:** Bones, joints, ligaments, tendons, and muscles.

MUSCLE REFERENCE GUIDE



VARIABLE RESPIRABLE PROGRAMS

What are your fitness goals?

Weight loss	Cardio health	Overall health
15-20 min	15-20 min	15-20 min
3-4 times/week	3-4 times/week	3-4 times/week
100-150 lbs	100-150 lbs	100-150 lbs

- The program is designed to help you achieve your fitness goals.
- It includes a variety of exercises to target different muscle groups.
- You can adjust the intensity and duration of the program to suit your needs.
- The program is suitable for both beginners and experienced fitness enthusiasts.
- It provides a comprehensive workout routine that can be done at home or in a gym.

Marcy One Home Gym Exercise Guide

Karin Nielsen-Saines



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