



SEATED CABLE ROW  
MUSCLES 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 for warm-ups as it mimics the movements of the activity to be performed.

Key warm-up exercises include:

- Cardio: Light jogging, brisk walking, or cycling.
- Dynamic Stretches: Leg swings, arm circles, torso twists.
- Bodyweight Exercises: Squats, lunges, push-ups, planks.

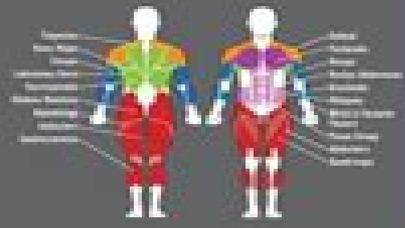
### MUSCLE REFERENCE GUIDE

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

**Major Muscle Groups:**

- Cardiorespiratory:** Heart, Lungs
- Neck:** Neck muscles
- Shoulders:** Deltoids
- Upper Back:** Trapezius, Rhomboids
- Lower Back:** Erector spinae
- Core:** Rectus abdominis, Transverse abdominis, Internal and External obliques
- Upper Arm:** Biceps brachii, Triceps brachii
- Forearm:** Flexor digitorum profundus, Flexor digitorum superficialis
- Hand:** Various intrinsic hand muscles
- Lower Arm:** Wrist extensors and flexors
- Upper Leg:** Quadriceps, Hamstrings
- Lower Leg:** Gastrocnemius, Soleus
- Foot:** Various intrinsic foot muscles

### MUSCLE REFERENCE GUIDE



### VARIABLE RESISTANCE PROGRAMS

What are your fitness goals?

Weight Loss	Muscle Gain	General Health
3-4 sets	4-5 sets	3-4 sets
10-15 reps	6-10 reps	10-15 reps
10-15 sec hold	10-15 sec hold	10-15 sec hold

- The program is designed to be completed 3-4 times per week.
- Rest 1-2 minutes between sets.
- Rest 1-2 minutes between exercises.
- Rest 1-2 minutes between days.
- Rest 1-2 minutes between weeks.
- Rest 1-2 minutes between months.

# Marcy One Home Gym Exercise Guide

**Rosina Ehmann**



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**Exerstyle** Philip Mazzurco,1985

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interfacing helped to normalize today's algorithmic world Offering a critical feminist prehistory of everyday AI Powered by Smart reveals how the pursuit of convenience comfort and efficiency has long been a gendered campaign Smartness has often been associated with women from early switchboard operators and industrial designer Lillian Gilbreth's test kitchens to Jane Fonda's Jazzercise empire and Disney's computer housewife PAT in Smart House These moments illuminate how machine intelligence has already been made ordinary and how the smart ideal was built over time through domesticity discipline and desirability Moving across factory floors suburban kitchens exercise trends and digital homes Murray shows how twentieth century innovations in wearability solutionism and recognition laid the groundwork for our contemporary tolerance of and attachment to AI Far from a sudden technological revolution everyday AI emerged through decades of cultural conditioning of smart life as a caring attentive endeavor that cast human machine harmony as both natural and necessary Powered by Smart reframes artificial intelligence not as the next frontier of progress but as the logical extension of a much older dream of efficiency made ordinary and personal

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