



A User Manual for DeltaSport website

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Warning!

Please note when using this workout website, all exercises and recommendations are provided for informational purposes only. Before engaging in any physical activity, especially if you have any health issues, it is recommended to consult with a qualified medical professional.

You should be aware of your physical capabilities and limits.

Avoid exercises that you consider dangerous or beyond your abilities. Always listen to your body and stop the exercise if you experience any painful sensations or discomfort.

Remember that training is an individual process, and results may vary for each person. Avoid comparing your progress to others and keep in mind that gradual progress is more important than instant results.

Adapt the workouts to suit your needs and abilities. If you're unsure about the proper execution of an exercise, seek guidance from a professional trainer or fitness instructor to receive personalized recommendations.

Keep in mind that your health and safety are your primary concerns. The authors and creators of this website are not liable for any injuries, damages, or negative consequences resulting from the use of the exercises and recommendations provided here.

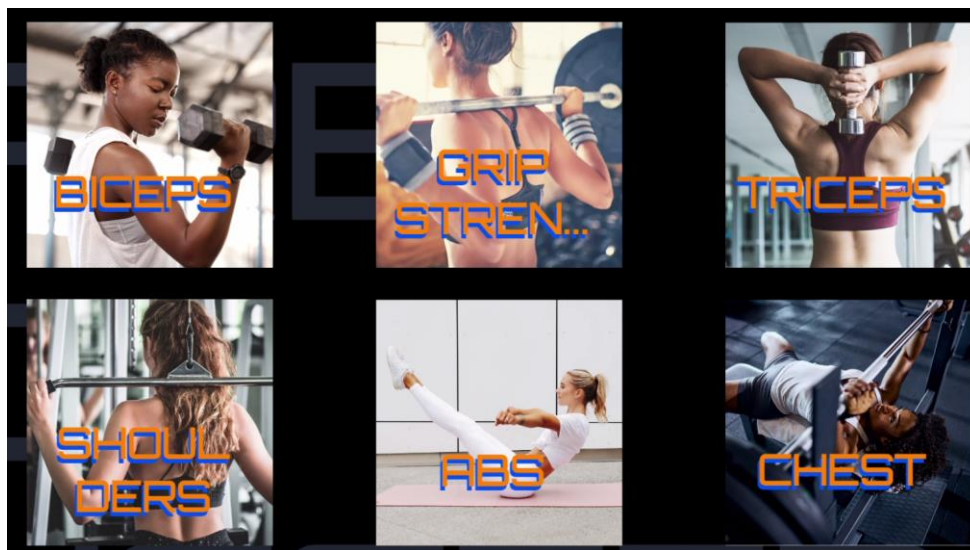
Train responsibly, listen to your body, and enjoy the process of achieving your fitness goals!

Yours, Delta Sierra

How To Use the Website:

To use the website, you should:

1. Open the “**index.html**” file.
2. Choose your level between¹:
 - a. “**Beginner**” **BEGINNER**
 - b. “**Middle**” **MIDDLE**
 - c. “**Master**” **MASTER**
3. Choose the muscle group you wish to train:



4. Do a little warm-up.
5. Follow the instructions:

Starting position: Set your fingers straight
move your hand up and down, left and right, twist it clockwise and anticlockwise.

¹ It is strongly encouraged to start with the “Beginner” difficulty and work your way up.

there are also pictures to help you:



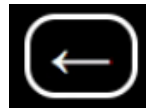
6. After you have completed the exercise, you can go to the next one

by clicking “NEXT”:



or returning back to the

main page by clicking “←”:



. It is also possible to go to

the previous exercise by clicking “PREVIOUS”:



How to Adjust the weight:

If by the end of the exercise you don't feel any fatigue in the muscles you worked on, it might be a good idea to increase the weight or number of reps, or even explore the next level. On the other hand, if you can't complete all reps or are too exhausted to finish the exercise, then it is advised to lower the weight or number of reps².

² Note that it is okay to feel fatigue after the workout, however if you do not recover for long periods of time, you should lessen the number of reps, decrease the weight or number of workout days. You also probably want to look into your diet as well.

How to choose workout days:

Your body needs time to heal and rest after a good exercise because physical exercises cause microtears in your muscles, tendons and ligaments, if kept under constant stress, they do not get repaired properly and buildup of these little injuries can cause serious trauma; as such, it is advised to have at least one day between the workouts. A good schedule could be **Monday, Wednesday, Friday**. It gives you enough time to rest between workouts and a nice weekend to heal the microtears and accumulated damage. You still can do some light exercises after a day of rest on Sunday.

How to build a routine:

It might be a good idea to choose three to four groups of muscles you want to work on in a day so you can focus on them. You also can try and work on all muscles but lessen the number of exercises per group. Lastly, you can choose a group or groups that you want to engage every workout and keep changing the other groups. It depends on your goals.

How to adjust the diet:

It is advised to consume more protein and fibers. Try whole-grain cereals, poultry, red meat, fish, dairy, legumes, eggs, fruits, vegetables and nuts. Cut down on processed and highly refined foods. Do not cut too many calories though as healthy lifestyle requires a balance.

How to do a warm-up:

To begin your warm-up, do 5 minutes of low intensity physical activity such as walking, jogging on the spot. Pump your arms or make large but controlled circular movements with your arms to help warm the muscles of your upper body, do the same for every part of the body. After you are done, doing the movements similar to what you will be doing during the workouts are a good idea. Before and after the workout you can also do some stretching to prepare for the exercises and later to cool down. Do not stretch if you are not warmed up as this can lead to tears.

How to use a BMI calculator

Body mass index (BMI) is a person's weight in kilograms divided by the square of height in meters. BMI is an inexpensive and easy screening method for weight category—underweight, healthy weight, overweight, and obesity.

Here is a table to know the result of calculation:

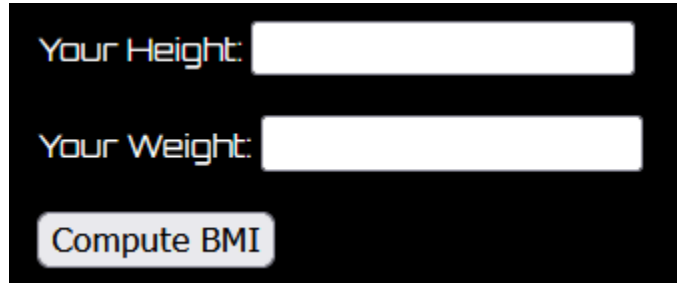
| BMI | Weight Status |
|------------------|----------------------|
| <18.5 | Underweight |
| 18.5-24.9 | Healthy weight |
| 25.0-29.9 | Overweight |
| >30 | Obesity |

Do note that BMI is not necessarily an accurate instrument to tell whether your weight is normal or not as there are people with different build. For example, athletes are likely to have BMI over 25 but they are not overweight, so do keep that in mind.

You can access BMI calculator by clicking

BMI CALCULATOR

Then you enter your height and weight and press Compute:

A screenshot of a BMI calculator interface. It features a black background with white text and input fields. The first row contains the label "Your Height:" followed by a white rectangular input field. The second row contains the label "Your Weight:" followed by a white rectangular input field. Below these fields is a light blue button with the text "Compute BMI" in black.