





**NO PAIN
NO GAIN**

**COURSE
INFORMATION**

APPLICABLE GROUP:

- zero basis trainer with poor physical fitness
- Training without gym training experience

TABOO GROUP:

- The elderly (aged over 65), pregnant women and disabled people
- People with diabetes, cardiovascular and cerebrovascular diseases, pulmonary diseases and other metabolic diseases
- People with orthopedic injuries that haven't healed
- other medical advice for people who can't go exercise

PREPARATION BEFORE EXERCISE:

- Please make sure that all the equipment in the gym can be used normally, and then find the corresponding equipment
- When doing leg training, please insert the "safety latch" of Smith machine in advance in case of danger if the movement fails
- Do not choose heavy weight, choose to be able to complete 12-15 times exactly exhausted weight is appropriate

BODY REACTION:

- Wheezing and muscle soreness are normal during training
- Muscle Soreness can persist for two to three days or even a week after training, so don't panic. Just a normal Delayed Onset Muscle Soreness.
- If there is "joint discomfort" or "joint pain" during the training, please immediately stop the training and consult the instructor on site

COURSE SUGGESTIONS:

- The main purpose of this course is to let you learn to use the basic fitness equipment of the gym. It is an adaptive course. Once you are familiar with the basic equipment, you can choose to contact other gym courses.



COURSE CONTENT

1. Barbell Full Squat
2. Chest Pushing Apparatus
3. Barbell Hard Pull
4. Cable Seated High Row
5. Dumbbell Triceps Extension

BARBELL FULL SQUAT

3 GROUPS
8 TIMES PER GROUP

Steps

- Stand with your feet slightly wider than your shoulders and your toes pointing in the same direction as your knees, keeping your back straight and your arms around the barbell at the back of your neck
- Squat slowly, looking at your knees from the side and not over your toes, until your thighs are parallel to the floor
- Get up when the toe grasps the ground to stand hip to squat, the center of gravity is located in sole from beginning to end middle, lumbar abdominals from beginning to end tighten



Breathing

- Inhale when crouching and exhale when standing
- When heavy, breathe in, hold in, squat down, stand up, and breathe again

Action Feel

- When crouching the lowest point, buttocks and thigh front side has the pull feeling
- When crouching, buttocks and thigh front side has strong contractive hair force feeling

Common Mistakes

- Mistake: the knee is in a different direction from the toe. The sensation of power is concentrated in the front of the thigh. The buttocks feel weak.
- Solution: knee wants with tiptoe same direction, when crouching, hip is backward sit downward, stretch gluteus maximus adequately



CHEST PUSHING APPARATUS

3 GROUPS
10 TIMES PER GROUP



Steps

- Inhale slowly and return, drawing the pectoralis major, keeping the forearm perpendicular to the body, and resting slightly at the bottom
- Push up and exhale, contract the pectoralis maximus peak, lift to the farthest elbow joint can not lock



BARBELL HARD PULL

3 GROUPS
8 TIMES PER GROUP

Steps

- Feet shoulder-width apart, barbell close to the front of the calf, shoulders sunken and tightened, lower back flat and straight, elbows close to the knee, shoulders directly above the barbell
- Lift the barbell with the heel of the foot. When the barbell passes the knee, tighten the hips and stand up straight. Move the barbell against the thighs and calves
- Keeping your back straight, squat and drop the barbell to the floor



Breathing

- Exhale as you lift and inhale as you lower
- When the weight is large, breathe in and hold in, then breathe in and out after a full motion

Action Feel

- When pulled up, the buttocks and the back of the thigh have a clear sense of contraction hair force, the whole back has a sense of tension

Common Mistakes

- Mistake: too deep down due to the small barbell piece
- Solution: pad the ends of the barbell, ensure the starting barbell height in half of the lower leg



CABLE SEAT HIGH ROW

3 GROUPS
10 TIMES PER GROUP

Steps

- Preparation posture: the fixer fixed the legs, tighten the abdomen straight back, the body slightly backward; Hands slightly wider than shoulders, palms facing forward to hold the bar, shoulders slightly up
- Pull-down: the body is stable and does not swing back and forth, the shoulder sinks, the back sends force to drive the upper arm to the side of the body, pull the rod to the position of the clavicle; Keep 1 second
- Opposition: slowly opposition and restore with force control at the highest point



Breathing

- Exhale as you pull down and inhale as you pull back up

Action Feel

- When pull down, the back has apparent contractive tight feeling
- When reducing, the back of the highest point has a slight pull

Common Mistakes

- Mistake: actively bend elbow to pull lever to clavicle position when pulling down, cause arm fatigue first
- Solution: keep the upper arm close to the sides of the body and bend the elbow

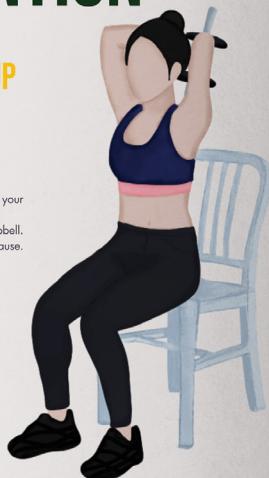


BUMBBELL TRICEPS EXTENENTION

3 GROUPS
12 TIMES PER GROUP

Steps

- Sit in a chair with your back straight and your feet firmly planted on the floor
- Bend the elbow and lower the dumbbell. Return to the lowest point after a short pause. The shoulders and arms remain stable.



Breathing

- Inhale downward and exhale upward

Action Feel

- There is acid swelling in the back of the big arm

Common Mistakes

- Mistake: body or arm swing to borrow, arm straight elbow joint overstretch lock
- Solution: always keep the body and arm stable, do not overstretch lock when the elbow joint is straight



**TURN
FAT
INTO
FIT**

