

MUSCLE GROUPS & EXERCISES

IMPORTANCE OF MUSCLES

Muscles are essential parts of life. From the movement you walk up to the movement you sit to stand. They hold you up in the morning and hold you down at night. They hold you up in the morning and hold you down at night.

It is important that you maintain healthy and strong muscles through regular exercise and ensure that you have all major muscle groups covered.

WHY EXERCISE YOUR MUSCLES?

Prevent Injury

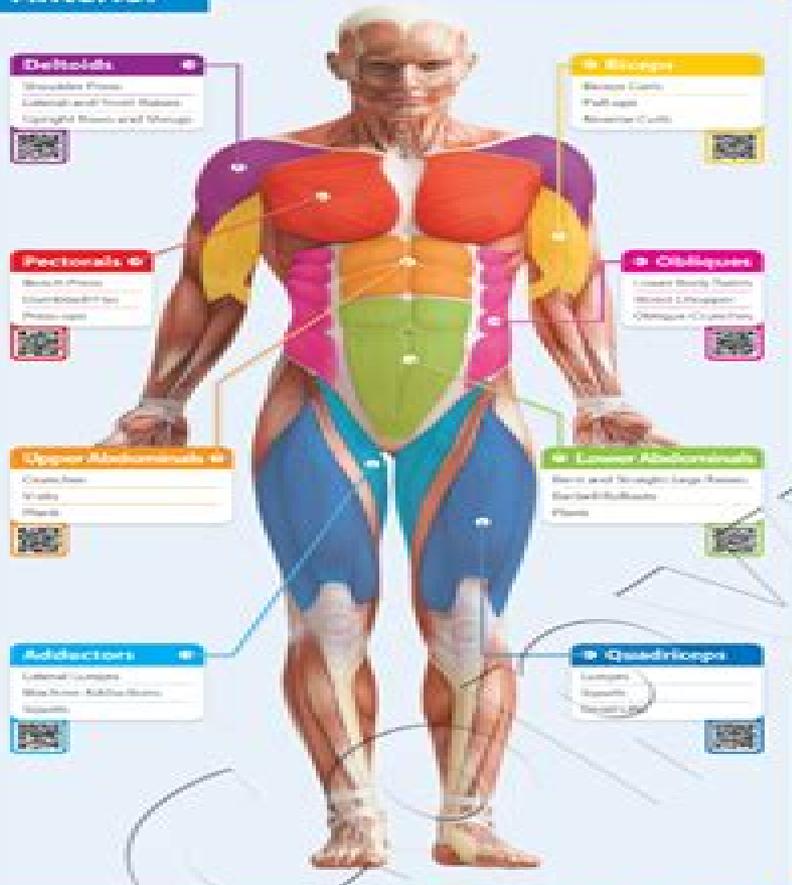
Improve Posture

Increase Strength

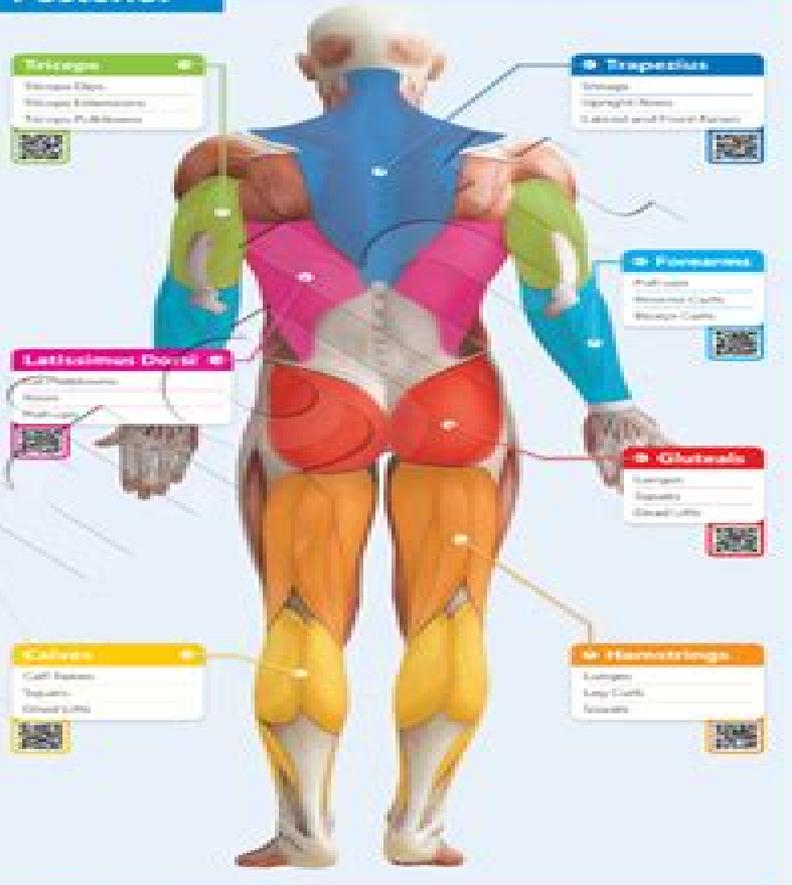
Reduce Aches and Pains

Reduce Muscle Imbalances

Anterior



Posterior



MUSCLE INJURIES AND TREATMENTS

Causes

- Over-exercising for recovery periods are over-exercising
- Not warming up properly as an elderly citizen
- Sports-related injury through contact, collision, slip or fall
- Over-exercising or over-exercising
- Improper technique during the exercise or over-exercising

Signs and Symptoms

- There is a sharp pain that will depend on the severity of the injury
- Swelling and bruising is common and possible leading to pain from further movement
- Loss of strength and decreased swelling of the joint
- Swelling or bruising that appears in various areas of the body during activities

Treatment

- Rest** - Avoid all activities that cause pain or discomfort
- Ice** - Apply ice to the injured area to reduce swelling and pain
- Compression** - Wrap the injured area to reduce swelling
- Elevation** - Keep the injured area as high as the heart to help reduce swelling



Demo Videos

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Anatomy Guide Personal Training

JA Banks



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