

Exercise	Frequency	Intensity	Duration	Rest
Cardio	3-5 times/week	60-80% HR	20-30 min	1-2 min
Strength	2-3 times/week	70-85% 1RM	3-5 sets	1-2 min
Flexibility	3-5 times/week	60-70% HR	10-15 min	1-2 min

- 1. Cardio
- 2. Strength
- 3. Flexibility
- 4. Balance
- 5. Coordination
- 6. Endurance
- 7. Speed
- 8. Agility
- 9. Power
- 10. Skill

Cardiovascular exercise is essential for overall health and fitness. It helps improve heart health, burn calories, and increase endurance. We offer a variety of cardio machines including treadmills, ellipticals, and stationary bikes.

Strength training is crucial for building muscle, increasing metabolism, and improving bone density. Our systems include free weights, resistance bands, and guided machines to help you achieve your goals.

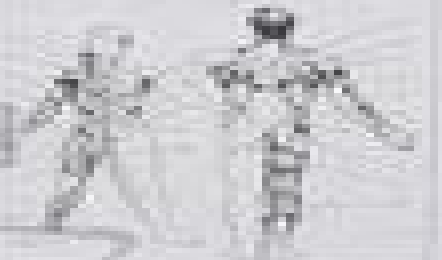
Flexibility and stretching exercises are important for preventing injuries and improving range of motion. We provide mats, foam rollers, and guided stretching routines.

- 11. Balance
- 12. Coordination
- 13. Endurance
- 14. Speed
- 15. Agility
- 16. Power
- 17. Skill

Balance and coordination exercises are vital for stability and preventing falls. We offer balance balls, wobble boards, and guided exercises to enhance your stability.

Endurance training helps you sustain physical activity for longer periods. Our systems include interval training programs and guided endurance routines.

Speed and agility exercises are important for athletes and anyone looking to improve their performance. We provide drills, cones, and guided exercises to boost your speed and agility.



Weider Power Guide Chart

Hongru Du

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Hongru Du' text.

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Golf Performance Training Gary Bannister, MEd, 2016-04-20 If youve been golfing for any stretch of time youve probably been exposed to the myth that movement based functional training and sport specific exercise can make you a better golfer Gary Bannister reveals a proven muscle based alternative that gets better results proper strength training A longtime golfer Bannister has played with some of the worlds greatest champions He established and coached the mens and womens varsity golf teams at Averett College and opened South Americas first Nautilus gym which led him to prepare Venezuelas male and female golf teams for the World Team Amateur Championship in 1986 Bannister advises golfers to build the muscles involved in golf in the most efficient and effective way you can without trying to be specific That means without trying to duplicate the actions of the golf swing Only after youve done that should you focus on learning to use that strength to your advantage on the golf course Filled with golfing anecdotes rich history and exercises that will keep you fit youll be amazed by how much your game improves through Golf Performance Training

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