



Aerobic Training



stability and balance



strength training



mobility and flexibility

TITLE
BOXING



150-300 m

% HR

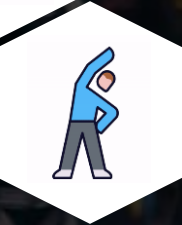
Borg

RPE

Talk



Aerobic Training



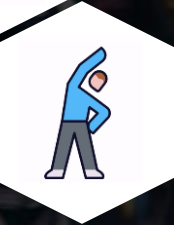
RPE Scale (Rate of Perceived Exertion)	
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, Etc.
2-3	Light Activity Feels like you can maintain for hours, easy to breathe and carry on a conversation
4-6	Moderate Activity Breathing Heavily but you can still hold a short conversation, Still somewhat comfortable, but becoming noticeable more challenging
7-8	Vigorous Activity Borderline uncomfortable, short of breath, can speak a sentence
9	Very Hard Activity Very difficult to maintain exercise intensity, can barely breathe and speak only a few words
10	Maximal Effort Feels almost impossible to keep going, completely out of breathe, unable to talk, cannot maintain for more than a very short amount of time

Talk Test Medi-Share			
Use the Talk Test to determine your physical activity intensity.			
Exercise Intensity	Talk Level	Examples	
Light 	Normal breathing rate - can sing or talk	<ul style="list-style-type: none"> • Slow Walking • Stretching • Light Housework 	
Moderate 	Breathing getting faster- can carry on a conversation but not sing	<ul style="list-style-type: none"> • Brisk Walk • Cricket • Leisurely Swimming 	
Vigorous 	Gasping for breath - can't hold a conversation	<ul style="list-style-type: none"> • Jogging • Soccer • Dancing 	



$$\text{MaxHR} = 220 - \text{age}$$

Aerobic Training



Intensity level	Percentage of maximal heart rate
Very light	~55%
Light	~60%
Moderate	~70%
Vigorous	~85%





Aerobic Training



training volume



10-20 set per week

Training level

Stress

sleep

gender

diet quality

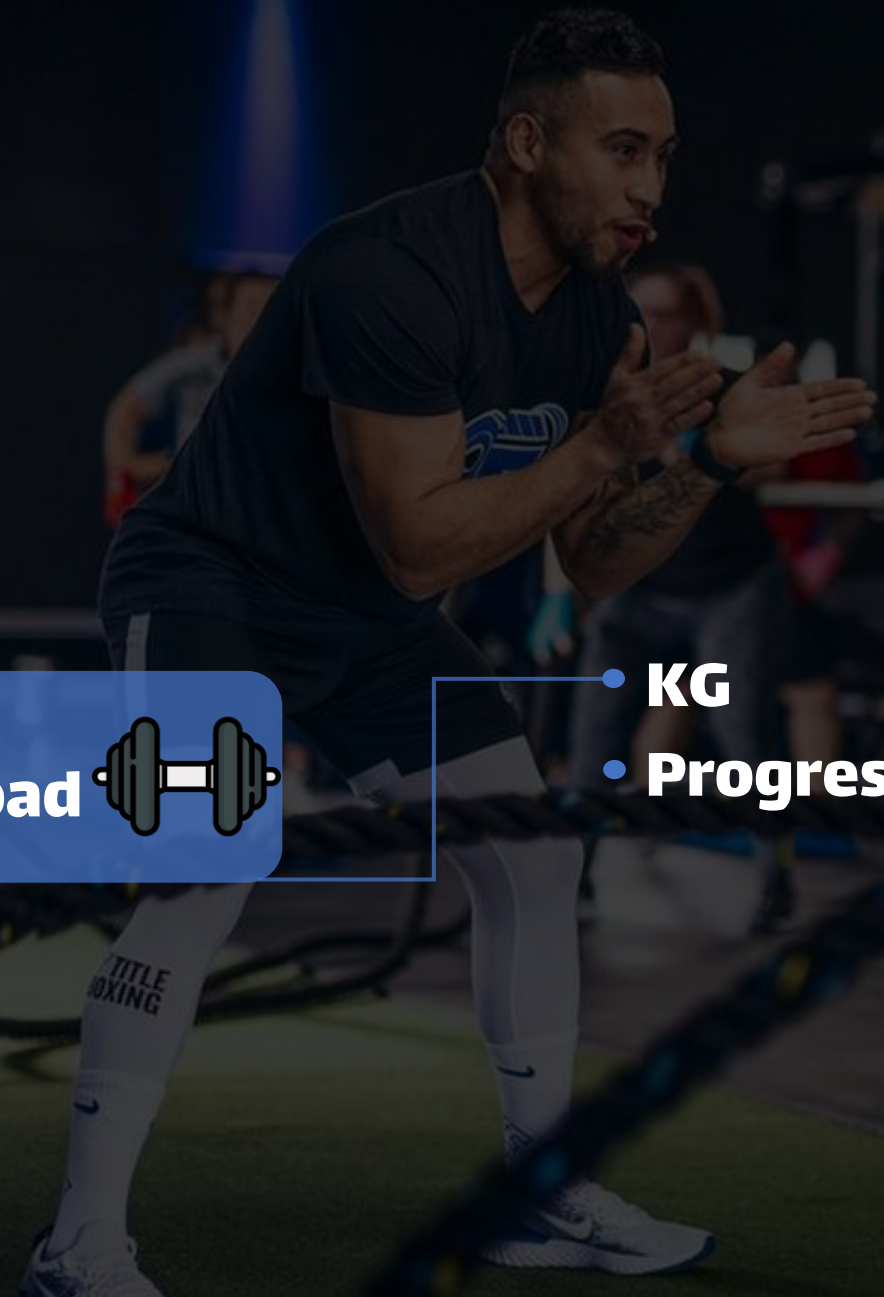
...

strength training





training load 



- **KG**
- **Progressive Overload**

strength training



training frequency 

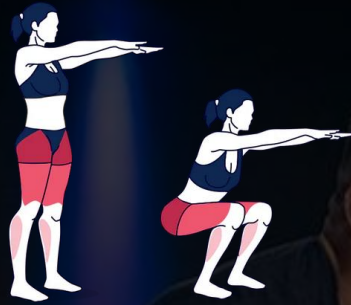
2 time per week

strength training



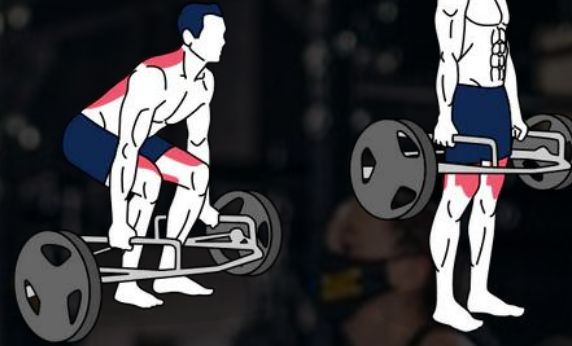


exercise types



Squat

Hip hinge

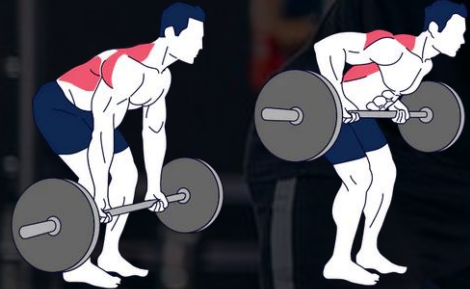


horizontal pull

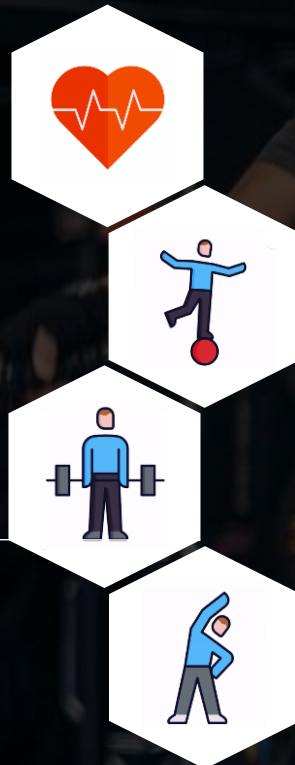
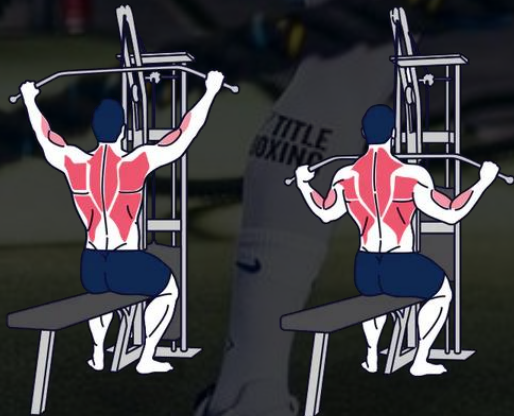
horizontal push

vertical pull

vertical push

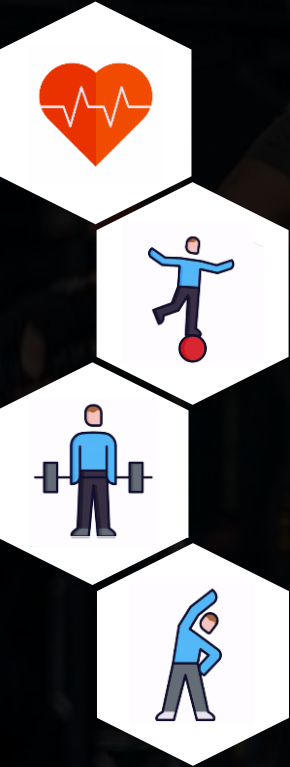


strength training





strength training

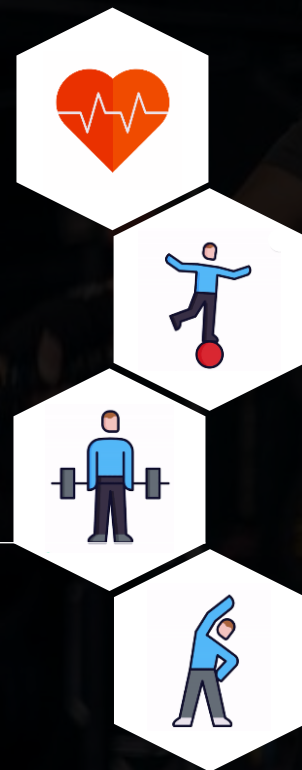


exercise





strength training



exercise





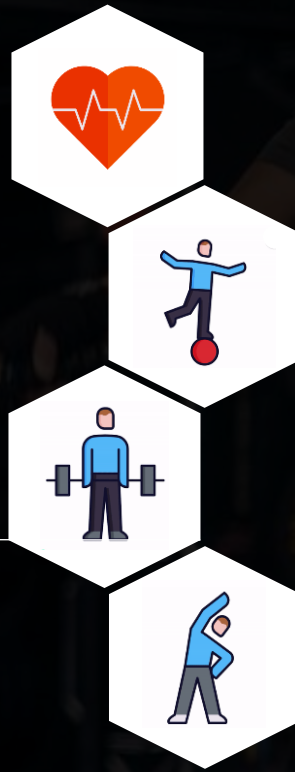
strength training

exercise





strength training





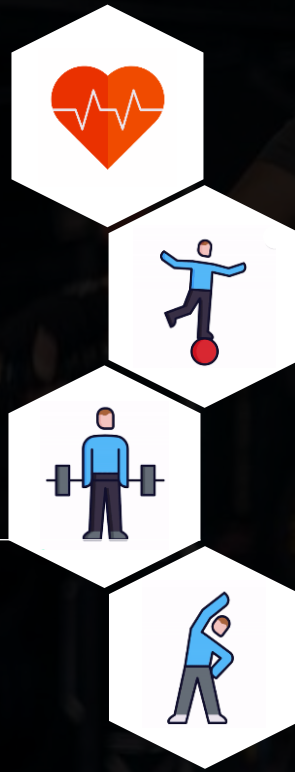
strength training

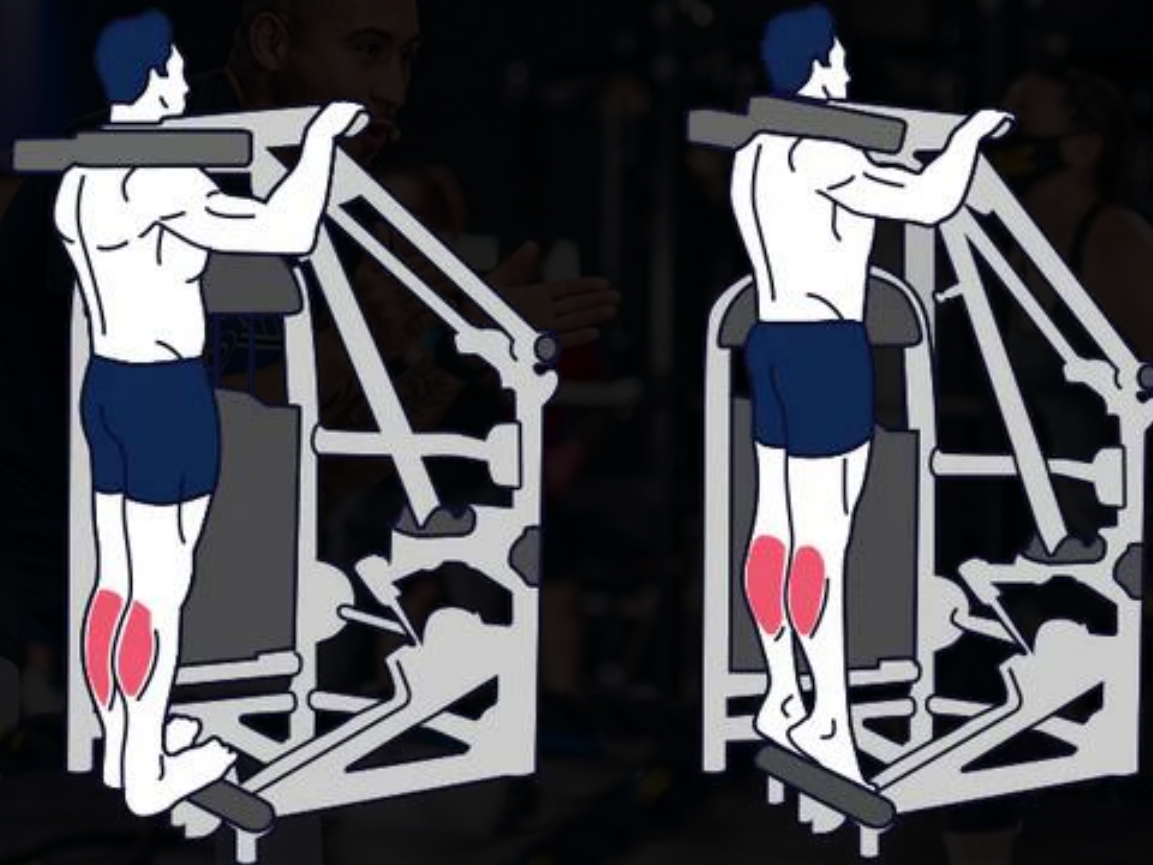
exercise



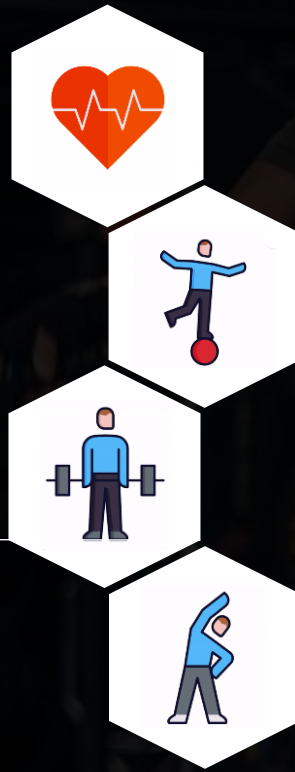


strength training





strength training





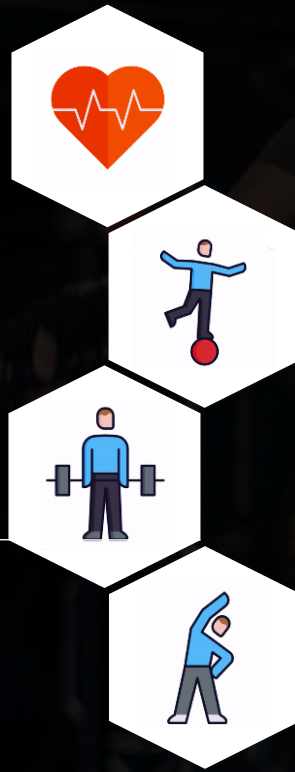
strength training

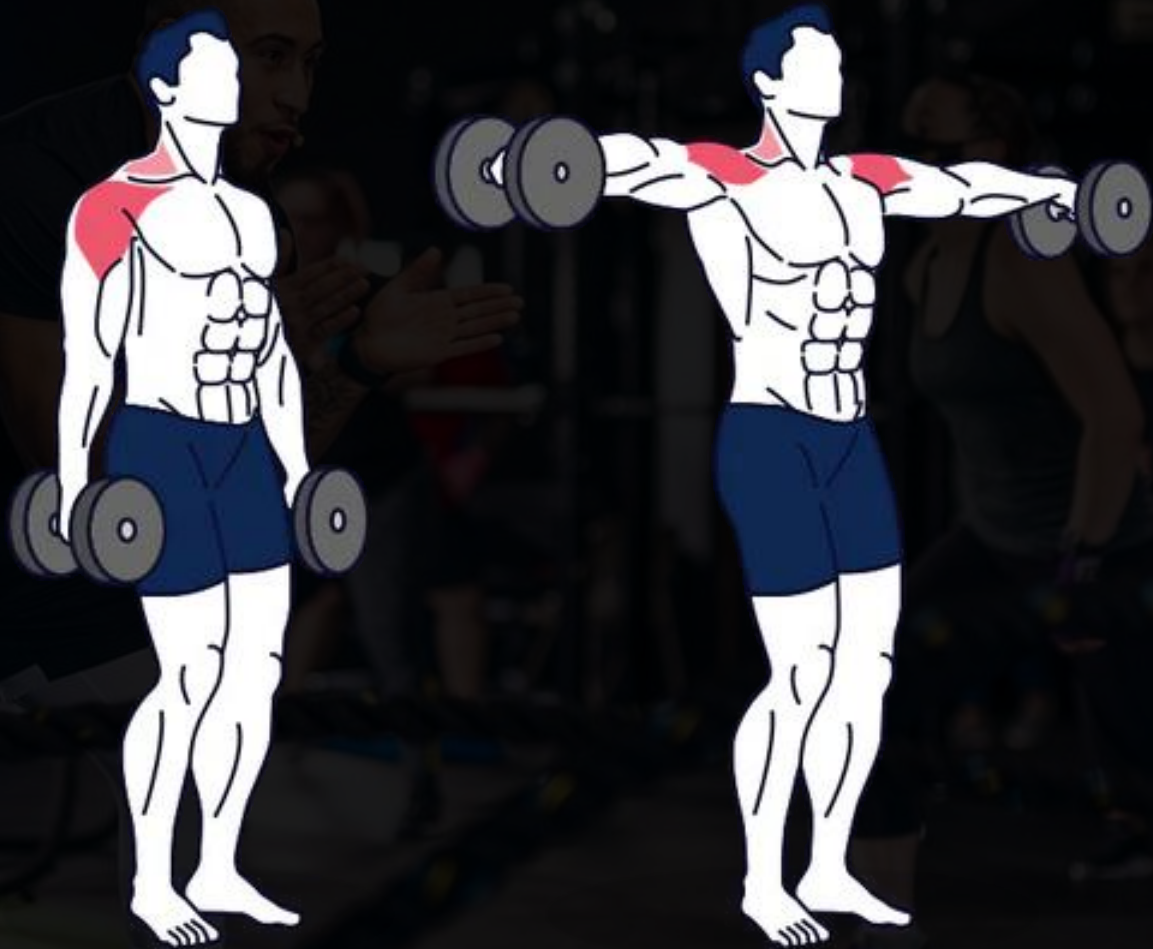
exercise



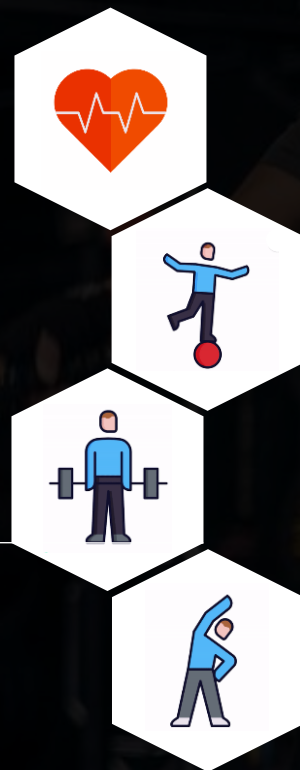


strength training



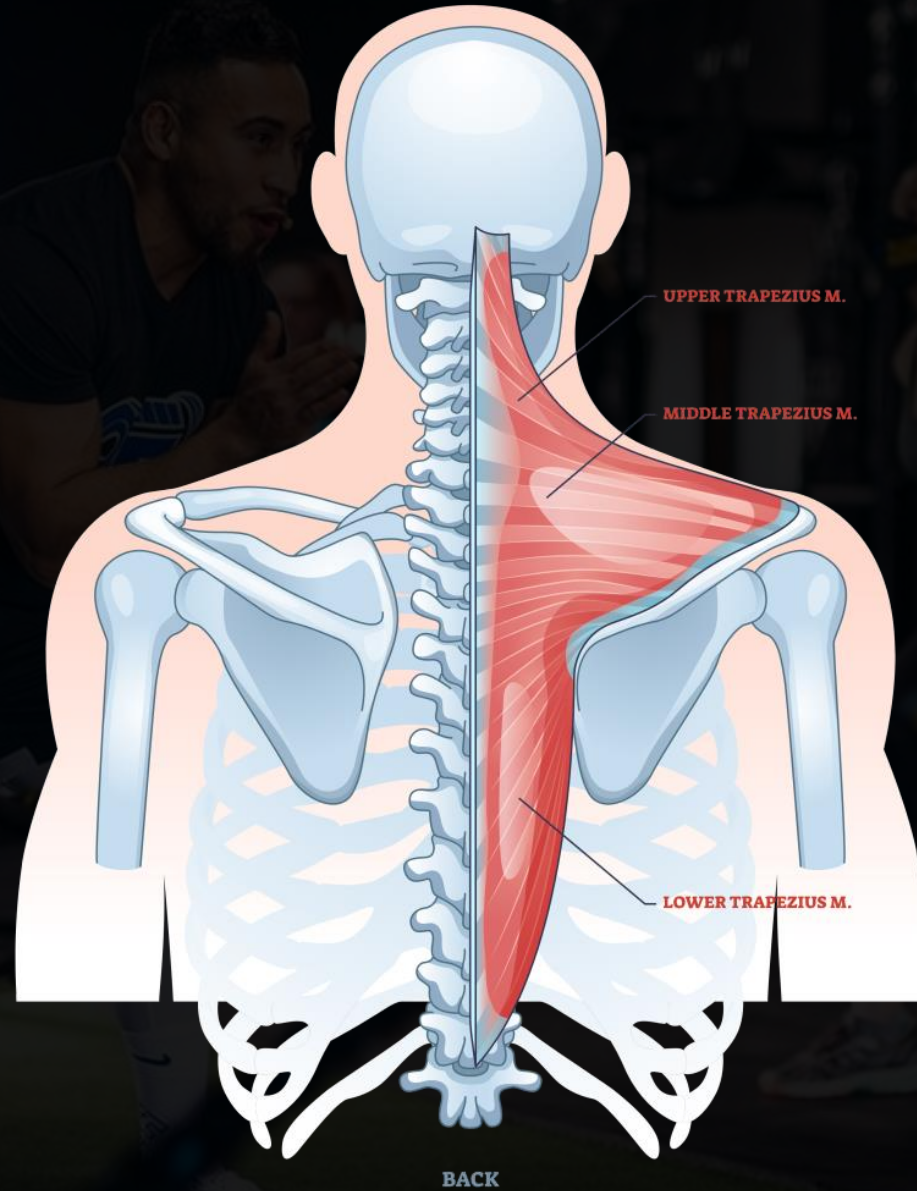


strength training

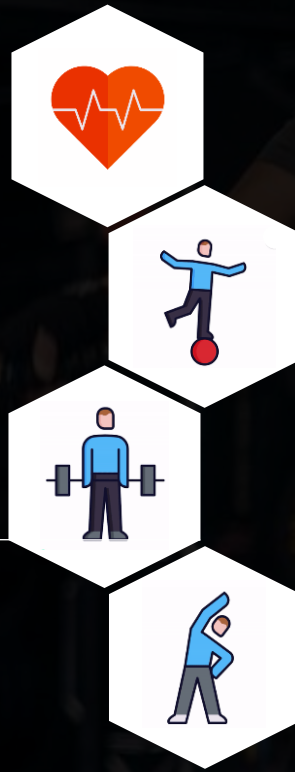


exercise





strength training

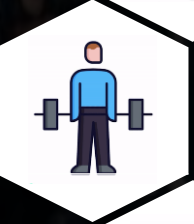


exercise





strength training

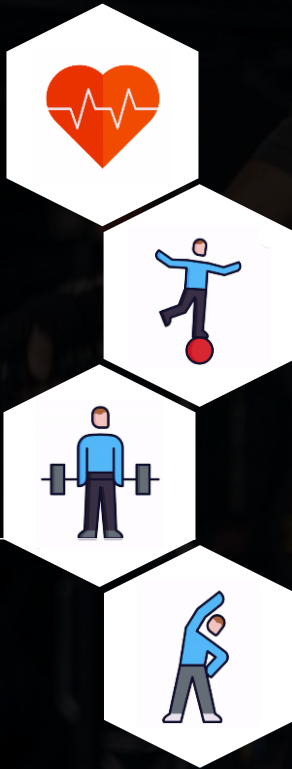


exercise



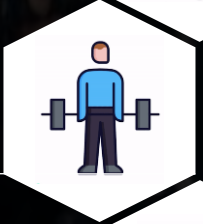


strength training



exercise





strength training

exercise



هر مفصل با توجه به قابلیت های حرکتی آن

30-10 ثانیه

60-30 ثانیه

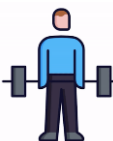
استاتیک

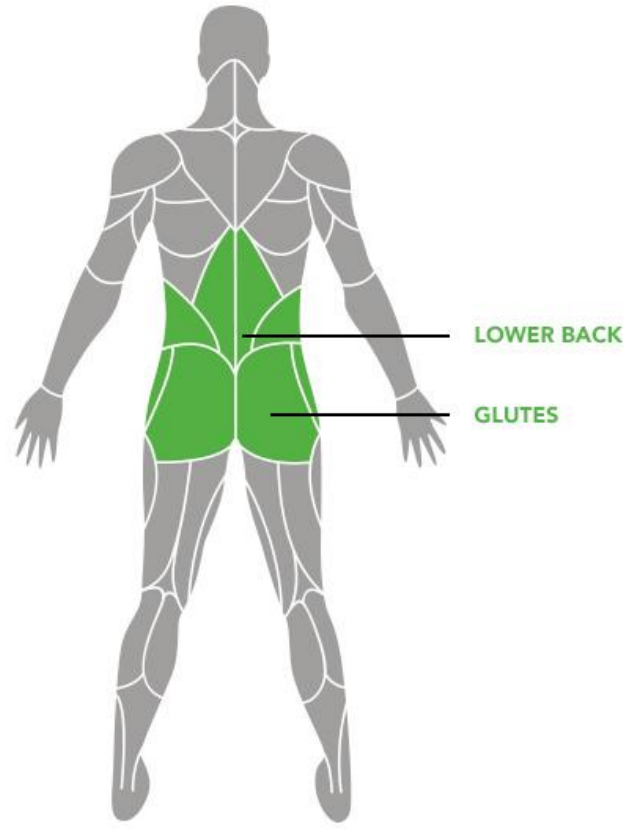
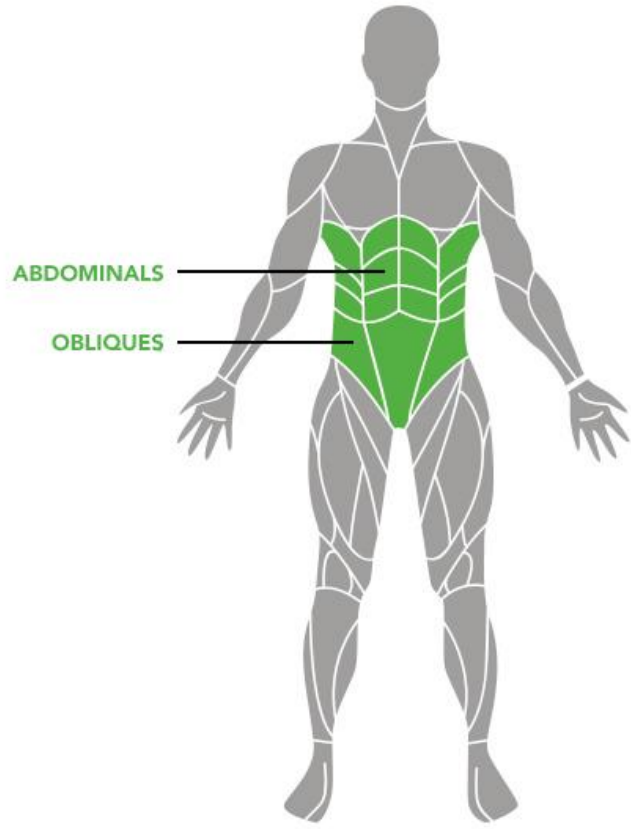
4-2 تکرار

mobility and flexibility

داینامیک — 12-5 تکرار

کشش تا قبل از آستانه درد





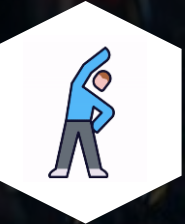
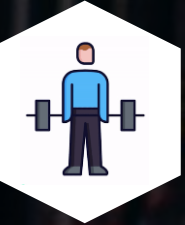
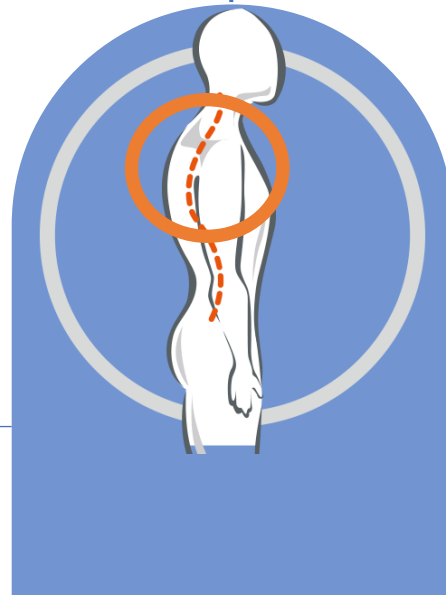
stability and balance



hyperkyphosis

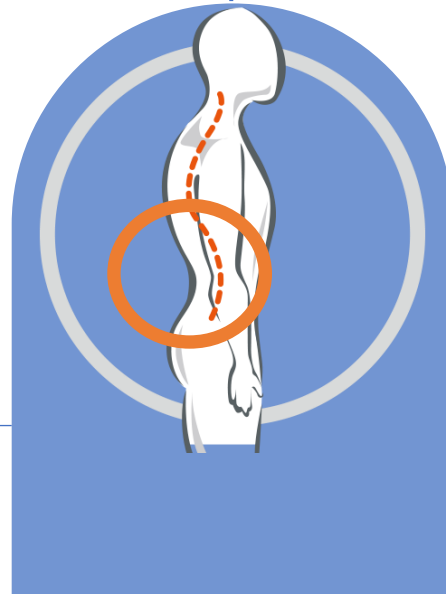
کشش عضلات :
سینه ای بزرگ
سینه ای کوچک
پشتی بزرگ

تقویت ناحیه خلفی ستون فقرات سینه ای

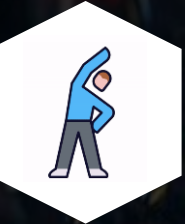
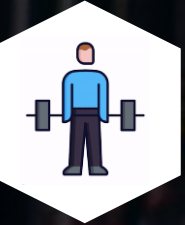


hyperlordosis

کشش عضلات :
ستون فقرات کمری
سوئز و خاصره ای
راست رانی



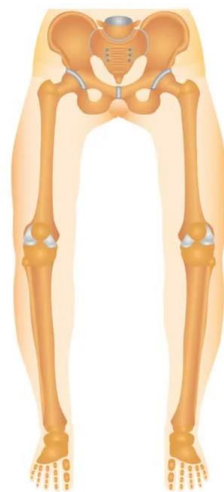
تقویت سرینی ها ، عضلات شکمی و همسترینگ



**کشش عضلات داخلی ران از جمله
راست داخلی و نیم غشائی و نیم وتری**



Normal



Bowleggedness

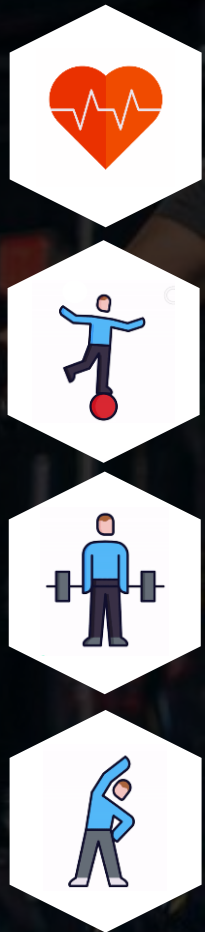
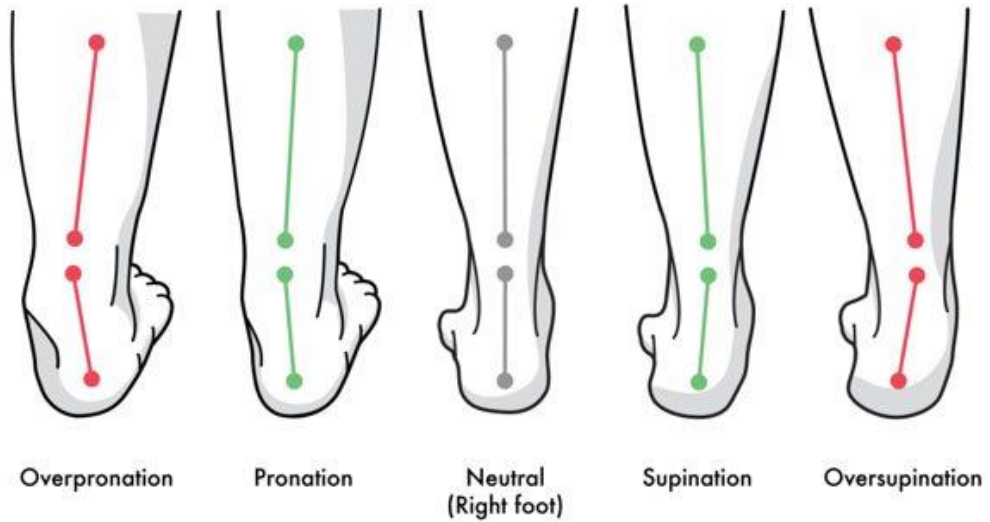


Knock Knees

**تقویت عضلات داخلی ران از جمله
راست داخلی و نیم غشائی و نیم وتری**

کشش دو سر رانی و عضلات جانب خارجی پا





Office Stretches and Exercises



Glutes & Lower Back



Back



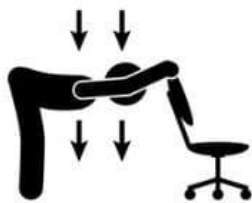
Legs



Glutes & Abductors



Glutes & Abductors



Back & Lateral



Shoulder & Upper Back



Calves Stretch



Neck



Triceps Dip



Chest Expansion



Oblique



Tricep



Shoulder Shrug



Back & Shoulder





Aerobic Training



stability and balance



strength training



mobility and flexibility



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