

Guide of Wellness and Physical Activity

Have a Healthier Day-to-Day Life

I thank my family, friends, teachers, mentors, and
Jesus Christ our Lord.

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Introduction

It is natural for humans to engage in physical activities, but with limited time and urban development, people are increasingly moving away from a healthy lifestyle. The initial purpose of this book is to bring the resources of Physical Education science closer in a practical and illustrated way, from breathing to resistance training, without excluding the value of health professionals, as not all the information contained here is suitable for all types of people (biological individuality).

Each person has individual characteristics of endurance and strength, with muscle volume related to these abilities, having a genotype (genetic inheritance) and phenotype (developed throughout life), hence unique to each being. Adaptation to lifestyle and activities does not necessarily serve all individuals. For example, a marathon runner and a bodybuilder have a lot of endurance and the other a lot of strength, respectively, while a triathlete has both characteristics.

The type of diet varies according to the activity and objectives but also with the reality of each person. Some do better with vegetables, others with fruits, carbohydrates, or meat. Remember that a balanced diet is of utmost importance for everyone. One should be very attentive when adopting or "creating" diets, as they can cause metabolic deficiencies and consequently some disease. Extreme radicalism regarding food, physical activity, and mental aspects should only be undertaken when well-being and spirituality are in harmony. This way, one can seek a more intense and specific approach with a new habit. Ideally, professional guidance should be

sought to evaluate and indicate the best path to achieve your short or long-term goals.

Motivation, achievement, and satisfaction of the physical activity practitioner are essential in exercises. One should take the initiative to start a physical activity, become a regular practitioner, and take pleasure in what is being done, regardless of the activity.

The most challenging part is maintaining an ideal physical shape, so don't be in a hurry and don't overdo it. Easy come, easy go. No pain, no gain. Do not use steroids.

Respect your limits because the body speaks, knowing that the body's thermometer is pain. Know yourself and enjoy a healthier and less stressful life daily.

The book demonstrates some training methods and aims to bring you closer to this science, benefiting your health with some resources.

"Physical activity profits little, but charity profits everything."

What is success? A. To be approved at the final judgment and enjoy eternity with the Unity of the Holy Trinity: God, Jesus Christ, and the Holy Spirit.

"You will seek me and find me when you seek me with all your heart."

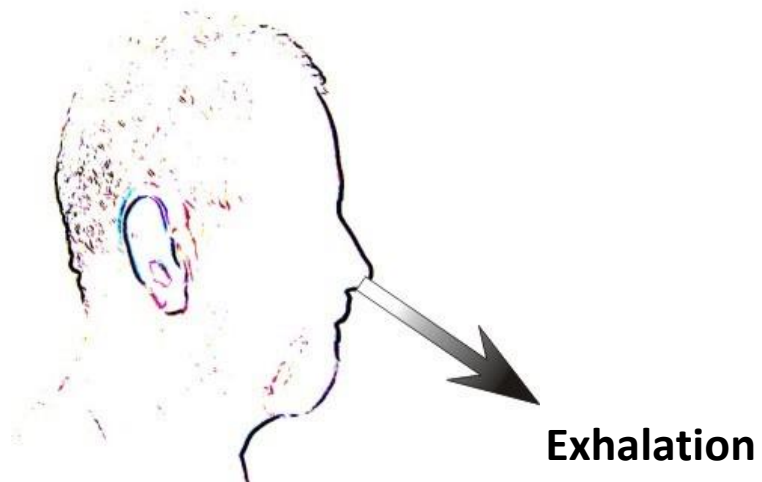
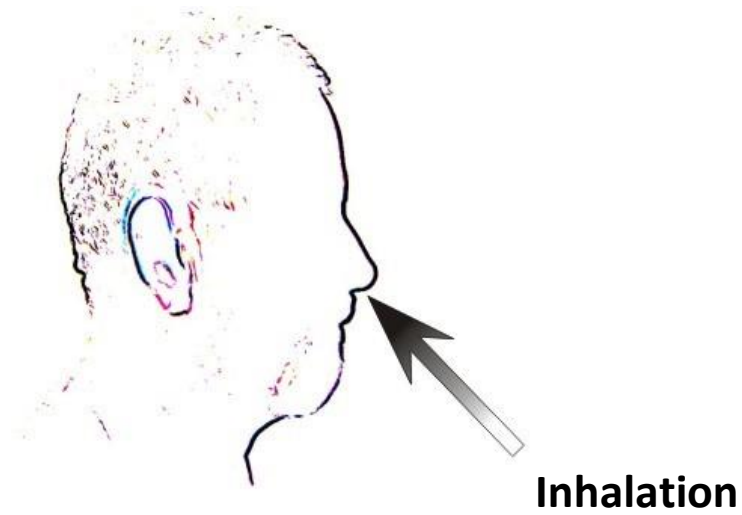
"No one comes to the Father except through me," said Jesus.

1 – Breathing

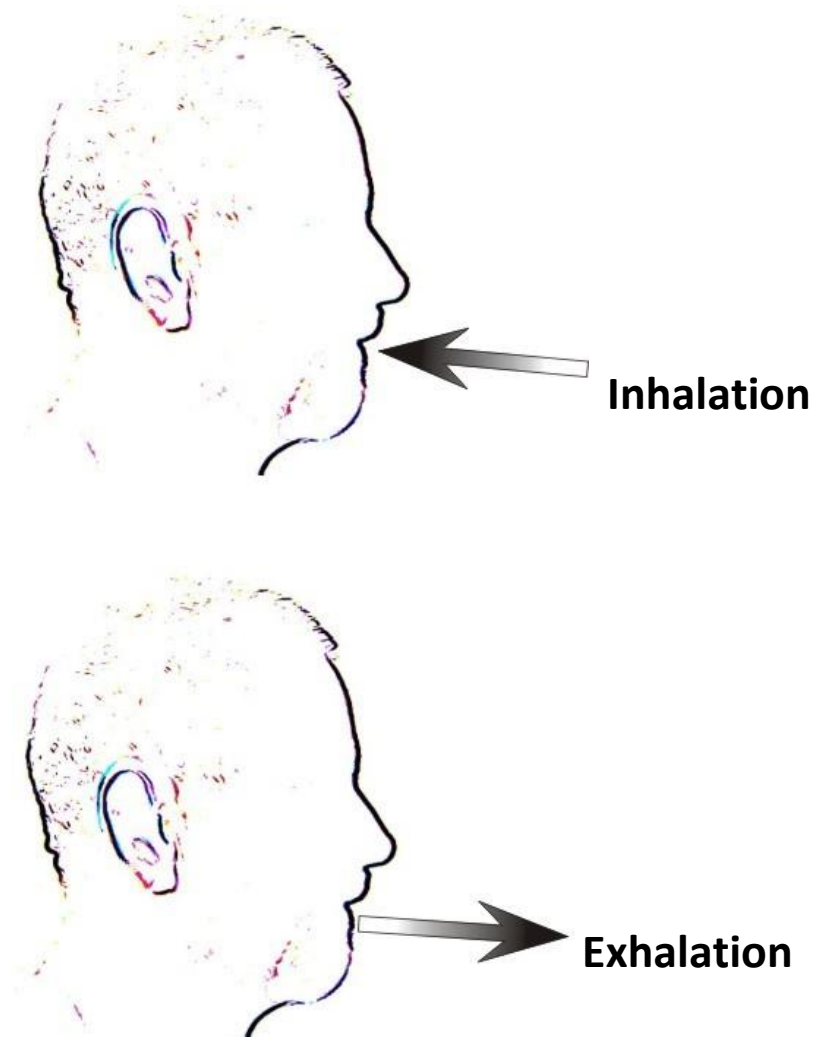
Inhalation (air intake)

Exhalation (air release)

Nose



Mouth



Breathing Exercises

Perform the following exercises naturally, then gradually increase or decrease the frequency in an orderly manner.

- a) Inhale (pull) the air through your nose and exhale (release) through your mouth (useful for practicing physical activities)
- b) Inhale the air through your mouth and exhale through your nose
- c) Inhale the air through your nose and release through your nose

- d) Inhale through your mouth and release through your mouth
- e) Previous exercises using the abdomen, projecting it forward and inward
- f) Previous exercises using the chest, expanding it

Note: Stop the exercises if you feel dizzy or unwell, and respect your respiratory condition.

When performing weight training exercises, remember to breathe: exhale during the concentric phase of the movement (the phase where the muscle shortens) and inhale during the eccentric phase (the return of the movement).

Meditation

Thought patterns greatly aid mental health. If you use your conscious mind positively, the messages that reach your subconscious will be pleasant and their return will be equally positive.

Try to do mental relaxation exercises, thinking about good memories, nature, beautiful things in science, God, and being aware of your breathing and your own body (proprioception).

Psychological training should be done consciously, where your heart and mind train to be prepared to overcome adversities with good character.

"Resist the devil, and he will flee from you."

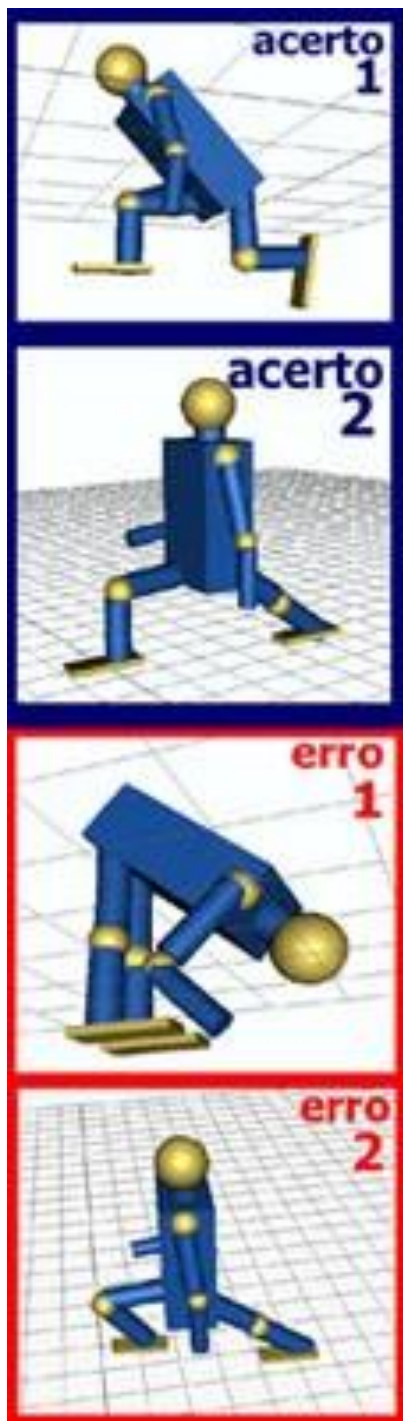
2 – Prevention

The questionnaire consists of seven questions. Answer "yes" or "no." If there is any "yes," the individual should be referred to a medical consultation. Answering "no" to all questions likely means the student is fit to engage in physical activities.

Physical Activity Readiness Questionnaire (PAR-Q)

1. Has a doctor ever said that you have a heart problem and that you should only do physical activity under supervision by health professionals?
2. Do you feel chest pain when you do physical exercises?
3. In the last month, have you had chest pain when you were doing physical activity?
4. Do you experience imbalance due to dizziness and/or loss of consciousness?
5. Do you have any bone or joint problems that could be worsened by physical activity?
6. Are you currently taking any medication for blood pressure and/or heart problems?
7. Do you know of any other reason why you should not do physical activity?

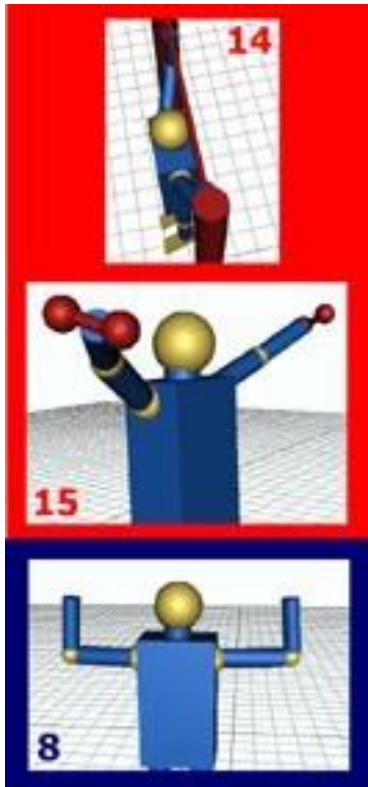
What to Do and Not Do During Weight Training Exercises



Try to perform squats by bending your knees and not your spine, and remember to keep your knees from going past the tips of your toes.



Keep your spine as straight as possible during the exercise, and for abdominal exercises, keep your lower back (lumbar) on the ground, lifting only the upper part of your torso to prevent injuries.



Avoid performing bar exercises by pulling behind the head, and during shoulder abductions (lateral raises), do not exceed shoulder height. For shoulder presses, only perform through the full range of motion if the hands are facing forward (pronated).

3 – Exercise Physiology

When starting physical activity, it is beneficial to have knowledge about the physiological factors that influence before, during, and after exercise.

Intensity | Home Activities | Work Activities | Physical Activity

Very light

- 3 METs: Taking a bath, shaving, dressing
- Office work. Driving a car.
- Sitting work (office). Standing (waiter, salesperson).
- Walking (on flat ground, at 3 kilometers/hour). Stationary bike, no resistance. Light treadmill.

Light

- 3-5 METs: Cleaning windows, raking leaves in the garden. Mowing the lawn with a machine.
- Light welding. Light carpentry.
- Wallpapering. Car repair.
- Walking (5-6 kilometers per hour). Biking on flat terrain. Very light treadmill.

Heavy

- 7-9 METs: Sawing, climbing stairs (moderate speed), carrying objects. Digging ditches, shoveling work.
- Soccer, ice or roller skating, horseback riding, mountaineering, fencing, tennis.

Very Heavy

- More than 9 METs: Carrying objects up a staircase, carrying objects over 45 kilograms in weight, climbing stairs quickly.
- Lumberjack, very heavy work.
- American football, baseball, squash, skiing, vigorous basketball.

Classification by physical fitness | Max O² consumption | TIME

Individuals with capacities < 3 METs: Multiple short daily sessions, approximately 10 minutes

Individuals with capacities Between 3 and 5 METs: 1 to 2 daily sessions, approximately 20 minutes

Individuals with capacities > 5 METs: 3 to 5 sessions per week, from 20-60 minutes

a) Blood Pressure (BP)

It is the resistance that blood exerts on the heart and blood vessels, with normal limits during rest as follows:

- Systolic BP: 90 to 140
- Diastolic BP: 60 to 90

During exercise, systolic pressure should constantly rise and stabilize, while diastolic pressure should not rise progressively, stabilizing at a certain phase of the exercise.

b) Heart Rate (HR)

Heart rate can be measured on the wrists or neck by counting the number of beats during 15 seconds and then multiplying by 4. Example: 25 beats in 15 seconds $25 \times 4 = 100$
HR=100 per minute

To determine the ideal HR for training, a stress test should be performed. In its absence, use the calculation 220 minus the age to establish a maximum HR. Example: 20 years old: $220 - 20 = 200$ is the max HR 50 years old: $220 - 50 = 170$ is the max HR

c) Double Product

It's an estimated measure of cardiac effort and oxygen consumption by the myocardium. Its value is obtained by multiplying the heart rate (measured in bpm) by the systolic blood pressure (measured in mmHg). Reference values for the double product of an individual range on average from 6,000 at rest to 40,000 during exhaustive exercises.

d) Respiratory Rate

Respiratory rate varies according to oxygen needs during exercises, with a normal increase during the activity. Aerobic activities cause a greater increase in RR, but other activities also cause this increase.

e) Energy Balance

Try to stop eating with the sensation that you could have eaten more.

Energy balance is the difference between the amount of calories consumed in food and the amount spent with physical activities and day-to-day activities. Energy balance = calories consumed - calories spent

This formula is used to obtain the daily basal caloric expenditure. The unit for weight is the kilogram, height in centimeters, and age.

A positive energy balance indicates a gain in fat, and a negative one indicates fat loss. To lose weight, it is necessary to diet to spend more than you consume.

Men $66 + (13.7 \times \text{Weight}) + (5.0 \times \text{Height cm}) - (6.8 \times \text{Age})$

Women $665 + (9.6 \times \text{Weight}) + (1.8 \times \text{Height cm}) - (4.7 \times \text{Age})$

For example: A man weighing 70 kg, 1.80 meters tall, 30 years old, equates to 1,721 basal metabolic calories. A woman of the same age, 55 kg, and 1.60 meters tall spends 1,330 basal metabolic calories.

Check if your intake matches your caloric expenditure and, according to your goals, outline a nutritional strategy. If the

goal is to maintain weight, the expenditure should be the same as the intake. To lose weight, the intake should be less than the expenditure, but there are limits for this to be done healthily. For healthy individuals who regularly exercise, we recommend a reduction of between 300 cal to 500 cal per day, always with the guidance of a nutritionist.

Daily caloric needs should be divided among the three food groups. Generally, proteins account for 15% to 20% of calories, carbohydrates for 55% to 60%, and fats for 20% to 25%. After that, calories should be distributed among the five or six daily meals. Ideally, each main meal should contain carbohydrates, fats, and proteins.

An example of good caloric distribution among meals:

Breakfast with 20% of daily calories, mid-morning snack with 5%, lunch with 30% to 35%, afternoon snack with 10% to 15%, and dinner with 20% to 25%. If there is a positive balance, the evening snack can include the remaining 15%.

Exercise influences caloric distribution. If done in the morning, have a snack equivalent to 5% of daily caloric intake upon waking and have breakfast after exercising. If at night, have a snack before physical activity and dinner afterward.

f) Blood Glucose

It is the concentration of glucose in the blood or more precisely in the plasma. Our body transforms some carbohydrates we eat into glucose, and blood glucose is the level of glucose present in our blood. When we eat a lot, our blood glucose increases; when we eat little, we keep it low.

Blood glucose is measured through the confirmation of classic signs and symptoms of fasting blood glucose (blood test where blood glucose levels are checked) and the standardized glucose tolerance test (TTG). These diagnostic criteria are based on the recommendations of the current medical-scientific community:

- Glucose tolerance: fasting 111 to 125 mg/dL; 2 hours after 75g glucose: 141 to 199 mg/dL
- Diabetes mellitus: fasting greater than 126 mg/dL; 2 hours after 75g glucose: greater than 200 mg/dL

Besides insulin, diabetics can control blood glucose through specific diets and exercise, as regular physical activity increases insulin action, making glucose leave the bloodstream and decreasing blood glucose. It's become common to count carbohydrates in foods using the glycemic index, an indicator of the carbohydrate quality in terms of its ability to increase or influence blood glucose.

Hypoglycemia Although it is mentioned that 70 mg/dL (3.9 mmol/L) is the lower limit of normal blood glucose, different values can be defined as low in different populations, purposes, and circumstances. The precise level of blood glucose considered low enough to define hypoglycemia depends on: (1) measurement method; (2) person's age; (3) presence or absence of symptoms.

Hyperglycemia It is characterized by high blood glucose levels. Normal blood glucose levels are up to 99 mg/dL preprandial (before eating) and up to 140 mg/dL postprandial

(after eating). Altered levels can suggest hypo or hyperglycemic crises, from various etiologies. If altered levels persist, seeking health services is essential, as it may indicate conditions like Diabetes Mellitus.

g) Triglycerides

LDL and VLDL carry cholesterol to cells and facilitate fat deposition in vessels. HDL promotes the removal of excess cholesterol, including from arterial plaques.

VLDL (Very low-density lipoprotein) LDL (Low-density lipoprotein) HDL (High-density lipoprotein)

LDL

- Less than 100 mg/dL - Optimal
- Between 101 and 130 mg/dL - Normal
- Between 131 and 160 mg/dL - Normal/high
- Between 161 and 190 mg/dL - High
- More than 190 mg/dL - Very high

HDL

- Less than 40 mg/dL - Low (bad)
- Between 41 and 60 mg/dL - Normal
- More than 60 mg/dL - High (optimal)

h) Anabolism

For hypertrophy series (muscle mass increase), remember not to repeat exercises for the same muscles two days in a row, as anabolism occurs during the rest phase (at least 24 hours), first "destroying" (catabolism) before building.

i) Energy System

The metabolism of physical activity has three phases: an anaerobic phase (short-duration exercises), a transition phase, and an aerobic phase (long-duration). The energy fuels used are:

1. The ATP-CP system or phosphagen
2. Anaerobic glycolysis or lactic acid system
3. The oxygen and fatty acids system

j) Overtraining

Be very careful when performing intense activities without being prepared (take it easy) or during prolonged periods, as everyone has limits. It's essential to gradually increase intensity, as well as cooling down and having rest periods.

Some symptoms of overtraining include:

- Lack of sleep
- Muscle and joint pain
- Aggressiveness
- Depression
- Anxiety
- Abnormal fatigue
- Strong dependence on exercises
- Loss of appetite
- Loss of strength
- Injuries
- Low immunity
- Headaches
- Abnormal thirst
- Tremor in hands

4 – Sports Training (Cycles)

Training can be planned through: a) Weekly microcycles b) Monthly microcycles c) Semi-annual macrocycles d) Annual macrocycles

The main factors to be considered are: a) Quality of Physical Fitness b) Psychological Stress c) Objectives and Goals d) Deadline

Example 1: The São Paulo football team was champion several times by maintaining the same pace throughout the competition, logically it also had quality reserves.

Example 2: The Flamengo football team was champion several times by saving energy at the beginning of the competition and reaching the peak at the end of the competition, also using resilience.

Here are some intensities that can serve as examples for training:

Examples of Weekly Microcycles:

Monday	Tuesday	Wednesday	Thursday	Friday	Type
10%	20%	10%	20%	10%	Beginners
10%	20%	30%	20%	10%	Pyramid
20%	40%	10%	20%	40%	Alternated
30%	70%	40%	80%	20%	Endurance
100%	90%	80%	50%	40%	Pre-competition

Example of Semi-annual Macrocycle:

Month 1 Month 2 Month 3 Month 4 Month 5 Month 6

30% 40% 50% 70% 85% 100%

Example of Annual Macrocycle:

Training/Com p.	Mont h 1	Mont h 2	Mont h 3	Mont h 4	Mont h 5	Month 6
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Training	70%	89%	20%	55%	73%	89%
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Main Comp./Training	Mont h 7	Mont h 8	Mont h 9	Mont h 10	Mont h 11	Mont h 12
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Main Competition	100%	20%	35%	60%	80%	92%
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5 – Stretching

Stretching is when muscle elongation occurs, while flexibility is associated with the joint limit. A well-stretched muscle produces a more efficient contraction.

Stretching before or after? According to individual characteristics, each person has a need to stretch. Stretching before exercise can "warm up" the muscles for the workout; afterwards, it can relax and prevent injuries. Stretching is also used to "lubricate" the joints and is often done to increase joint amplitude. So there is no right way, before or after, but rather the appropriate moment and intensity for each individual.

Perform each type of stretch bilaterally (both sides), hold for at least 15 seconds. Remember to breathe and respect your limits.

Stretching Types:

- **Back - Rhomboids**
- **Shoulders - Deltoids**
- **Back - Latissimus Dorsi**
- **Chest**
- **Arm - Triceps**
- **Shoulders**
- **Back - Paravertebral Muscles**
- **Leg - Calf Muscles**
- **Thigh - Hamstrings**
- **Forearm - Wrist Flexors**
- **Neck - Head Rotators**
- **Back - Latissimus Dorsi**
- **Thigh - Adductors**
- **Thigh - Hamstrings**
- **Leg - Calf Muscles**
- **Thigh - Hamstrings**
- **Glutes**
- **Thigh Abductors**

- **Back - Paravertebral Muscles**
- **Glutes**
- **Abdominals**
- **Thigh - Hamstrings**
- **Thigh Adductors**
- **Leg - Tibia Flexors**
- **Thigh - Quadriceps**
- **Abdominals**
- **Thigh Adductors**
- **Thigh - Hamstrings**
- **Back - Paravertebral Muscles**
- **Thigh - Hamstrings**

6 – Quick Workout

- Pull-up Bar and Parallel Bars
- Push-ups
- Triceps on Bed
- Glute on Bed or Step
- Standing Abdominal at 3 Angles
- Neck
- Squats
- Paravertebral Muscles
- Surgical Elastic (Extender)

6 – Directed Effort Tension (TED)

In this method, muscle contraction is used without the aid of weights, intensifying strength during limb movements.

Inhale during the force movement and exhale during the return, making an effort to contract the muscles as much as possible using a mirror.

If you have difficulty contracting the muscles, use resistance with the opposite limb or place your hand over the muscle to feel it contract.

This method should also be used by forcing the antagonistic muscles (going and returning), e.g., chest and back.

Start the exercise with the weaker side until you feel the muscle is being forced (slight burning sensation), after

finishing the weaker side, move to the stronger side until you feel it is being equally forced.

Do not perform isometric contraction (without movement) as it strains the cardiovascular system.

This method is highly advantageous for people who travel or are in a place with limited space, as it eliminates the need for weights. It is also beneficial for people in the rehabilitation phase.

7 – Weighted Exercises

As with brute force exercises, remember to breathe, exhaling during the concentric phase of the movement (going phase when the muscle shortens) and inhaling during the eccentric phase (return phase).

Weight training exercises aimed at muscle growth, called hypertrophy, are based on high load and few repetitions. Example: 3 sets of 8 repetitions each with maximum load. On the other hand, definition and resistance exercises are based on low load and many repetitions. Example: 3 sets of 15 repetitions each with lower load.

Perform each set with the specific load for each muscle group and work the body as a whole to avoid muscle imbalances. Example: if you trained your back, remember to train your chest.

If you have one arm larger than the other, this is normal, but start the exercise with the weaker side and use the same weight for the stronger side.

Material: Dumbbells, Ankle Weights, and Mat.

For resistance exercises or beginners, perform 3 sets of 15 repetitions with lower load for each exercise.

For hypertrophy exercises, perform 3 sets of 8 repetitions with high load.

a) Upper Limbs (MMSS) with Dumbbells

- Direct Biceps
- French Triceps
- Shoulder Abduction
- Lying Fly
- Reverse Fly
- Wrist Curl

b) Lower Limbs (MMII) with Ankle Weights

- Leg Extension
- Standing Leg Curl
- Thigh Abduction
- Thigh Adduction
- Calf Raise on Step
- Glute on All Fours

c) Abdomen and Back

- Upper Abdominal
- Lower Abdominal
- Trunk Extension

d) Complementary Exercises (MMSS)

- Alternating Biceps
- Triceps on Forehead
- Shoulder Press
- Dumbbell Bench Press
- Dumbbell Row
- Reverse Wrist Curl

e) Complementary Exercises (MMII)

- Leg Curl
- Simple Squat
- Unilateral Squat
- Standing Thigh Abduction
- Standing Thigh Adduction
- Unilateral Calf Raise
- Glutes at 2 Angles

f) Complementary Exercises (Abdomen and Back)

- Oblique Abdominal
- Weighted Abdominal
- Deadlift Squat

8 – Aerobic Activities

Fundamental for weight loss, these types of exercises are characterized by their long duration, with the main ones being: walking, running, cycling, and sports in general.

To start an aerobic activity, it is necessary to have knowledge about the practitioner's physical condition. The practitioner should be fit with the cardiovascular system in harmony (heart rate and blood pressure) and the locomotor system (muscles, bones, and joints) free of injury and/or pain. If there are no limiting factors, the student can start their aerobic activity.

It is essential that the practitioner knows their limits and has medical clearance to perform the exercises. If any discomfort is felt, such as chest pain or joint pain before or after the activity, a specialist should be consulted.

Start the exercise lightly, increasing the intensity and duration according to your individuality and physical condition.

Use appropriate footwear (sneakers) and light clothing.

Inhale through your nose and exhale through your mouth.

Perform each series for at least 2 weeks.

Remember that the following series may not be suitable for everyone, respect the principle of biological individuality.

Series 1

- 10 minutes walking

- Interval
- 10 minutes walking
- Total of 20 minutes

Series 2

- 20 minutes walking
- Interval
- 20 minutes walking
- Total of 40 minutes

Series 3

- 40 minutes walking

Series 4

- 20 minutes walking
- 15 minutes running

Series 5

- 10 minutes walking
- 20 minutes running
- 5 minutes walking

Series 6

- 5 minutes walking
- 30 minutes running
- 3 minutes walking

Series 7

- 3 minutes walking
- 40 minutes running
- 3 minutes walking

Series 8

- 15 minutes interval
- 1 minute walking (light)
- 2 minutes running (intense)
- Repeat 2 to 5 times

Series 9

- 30 minutes interval
- 1 minute walking
- 4 minutes running
- Repeat 2 to 6 times

9 – Weight Training Series for Gyms

Division of Muscle Groups

- **Chest and Triceps** - Triceps assist in chest exercises
- **Back and Biceps** - Biceps assist in back exercises

If you want to push harder and spare the biceps and triceps, thus achieving greater performance in these secondary muscles, train:

- **Chest with Biceps**
- **Back with Triceps**

The following series methods are effective in gym training and are examples that can be adapted. Respect your individuality, preferences, and limits.

The series have repetitions for hypertrophy; for resistance, perform 15 to 20 repetitions.

Basic Series

- Jumping Jacks
- Stretching
- Abdominals
- Bar
- Parallel Bars
- Walking or Running 10 to 30 minutes

Initial Series

1.

- Aerobic 5 to 20 minutes
- Pulley Pull
- French Triceps
- Free Squat
- Stretching

2.

- Aerobic 10 to 20 minutes
- Upper Abdominal
- Lower Abdominal
- Push-ups
- Triceps on Bench

3.

- Aerobic 8 minutes
- Upper Abdominal 2x10
- Psoas (pedaling) 2x10 each side
- Semi-bridge (hip elevation) 20 to 30 seconds
- Plank (sustain in flexion) 10 to 30 seconds

4.

- Aerobic 20 minutes
- Push-ups 5 to 15 repetitions
- Yoga Airplane 5 to 20 seconds
- Shoulder Abduction 2x12
- Direct Biceps 2x12
- French Triceps 2x12

Fundamental Series

a)

- Aerobic 30 minutes / bike and treadmill
- Upper Abdominal
- Lower Abdominal
- Wide Row Back
- Pulley Pull
- Direct Biceps
- Shoulders on Device
- Leg Extension Chair
- Flexor Table
- Stretching

b)

- Aerobic 30 minutes
- Oblique Abdominal

- Psoas (alternating legs)
- Chest Fly
- Straight Bench Press (HBC)
- Triceps (on pulley)
- Calves (on device)
- Thigh Abduction
- Thigh Adduction
- Stretching

Series 0 – Short Adaptation Series

Male

- 10 minutes walking
- 5 minutes stretching
- Chest Fly 3x12
- Direct Biceps 3x12
- Upper Abdominal 2x20 or 15

Female

- 10 minutes walking
- 5 minutes stretching
- Back Row on Bench 3x12
- Triceps on Pulley or French 3x12
- Upper Abdominal 2x20 or 15

Series 1 – Advanced Adaptation Series

Male

- Upper Abdominal 2x max.
- 10 minutes walking
- Chest Fly 2x7
- Reverse Fly on Bench 2x7
- Direct Biceps Curl 2x7
- French Triceps Curl 2x7
- Standing Row 2x7
- Leg Extension Chair 2x7
- Flexor Table 2x7
- Glutes on Device 2x7
- Calves on Leg Press 2x7

Female

- Upper Abdominal 2x max.
- 10 minutes walking
- Ankle Glutes 2x7
- Glutes on Device 2x7
- Leg Extension Chair 2x7
- Flexor Table 2x7
- Calves on Leg Press 2x7
- Chest Fly 2x7

- Reverse Fly 2x7
- Triceps Curl on Pulley 2x7

Series 2 – Alternating Two Days

a)

- Upper Abdominal 2x max.
- 2 min. walking
- 5 min. running
- 3 min. walking
- Chest Fly 2x8
- 45° Fly 2x8
- Concentrated Biceps Curl 2x8
- Standing Row 2x8
- Leg Extension Chair 2x8
- Thigh Adduction 2x8
- Leg Raises (psoas) 2x8

b)

- Lower Abdominal 2x max.
- 2 min. walking
- 5 min. running
- 3 min. walking

- Pulley Front Pull 2x8
- Reverse Fly on Bench 2x8
- French Triceps Curl 2x8
- Flexor Table 2x8
- Thigh Abduction 2x8
- Calves on Leg Press 2x8
- Glutes on Device 2x8
- Lower Back Flexion 2x8

Series 3 – Alternating Two Days

Male a)

- Upper Abdominal 2x max.
- 10 min. running
- Chest Fly 3x8
- 45° Bench Press (HBC) 3x7
- *Straight Bench Press (HBL) 2x6
- Triceps Pulley 3x8
- French Triceps Curl 3x7
- *Cross-over Triceps 2x6
- Standing Row 3x8
- Shoulder Development 3x7
- *Shoulder Abduction 2x6
- Adductor Chair 3x8

- Abductor Chair 3x8
- Glutes on Device 3x8

*Optional or add with more training time

b)

- Lower Abdominal 2x max.
- 10 min. running
- Pulley Front Pull 3x8
- Reverse Fly 3x7
- *Bench Row (HBC) 2x6
- Concentrated Biceps Curl 3x8
- Alternating Biceps 3x7
- *Direct Biceps Curl 2x6
- Direct Wrist Curl 3x8
- Leg Extension Chair 3x8
- Flexor Table 3x8
- 45° Leg Press 3x7
- Smith Squat 2x6
- Calves on Leg 3x8

Series 3 – Alternating Two Days

Female a)

- Upper Abdominal 3x max.
- 10 min. running
- Ankle Glutes at 2 Angles 3x8
- Glutes on Device 3x7
- Smith Squat with Abducted Feet 2x7
- Abductor Chair 3x8
- Flexor Table 3x7
- Pulley Front Pull 3x8
- *Reverse Fly 2x7
- Alternating Biceps 2x8
- *Lower Pulley Biceps 2x7

b)

- Lower Abdominal 3x max.
- 10 min. running
- Leg Extension Chair 3x8
- 45° Leg Press 3x7
- Calves on Leg 3x7
- Adductor Chair 3x8
- 45° Fly (HBC) 3x8
- *Chest Fly 2x7

- High Pulley Triceps 3x8
- *French Triceps 2x7
- Shoulder Abduction 3x8
- *Shoulder Development 2x7

*Optional or add with more training time

Series 4 – Five

a) Upper Limbs (MMSS) with dumbbells

- Direct Biceps
- French Triceps
- Shoulder Abduction
- Lying Fly
- Reverse Fly
- Wrist Curl

b) Lower Limbs (MMII) with ankle weights

- Leg Extension
- Standing Leg Curl
- Thigh Abduction
- Thigh Adduction
- Calf Raise on Step
- Glute on All Fours

c) Abdomen and Back

- **Upper Abdominal**
- **Lower Abdominal**
- **Trunk Extension**

d) Complementary Exercises (MMSS)

- **Alternating Biceps**
- **Triceps on Forehead**
- **Shoulder Press**
- **Dumbbell Bench Press**
- **Dumbbell Row**
- **Reverse Wrist Curl**

e) Complementary Exercises (MMII)

- **Leg Curl**
- **Simple Squat**
- **Unilateral Squat**
- **Standing Thigh Abduction**
- **Standing Thigh Adduction**
- **Unilateral Calf Raise**
- **Glutes at 2 Angles**

f) Complementary Exercises (Abdomen and Back)

- **Oblique Abdominal**
- **Weighted Abdominal**
- **Deadlift Squat**

Espero que isso ajude! Se precisar de mais alguma coisa, estou à disposição.

9 - Gym Weight Training Series

Division of Muscle Groups

- **Chest and Triceps: The triceps assist in chest exercises.**
- **Back and Biceps: The biceps assist in back exercises.**

If you want to push harder and spare the biceps and triceps, thus achieving greater performance in these secondary muscles, train:

- **Chest with Biceps**
- **Back with Triceps**

The following series methods are effective in gym training and are examples that can be adapted. Respect your individuality, preferences, and limits.

The series have repetitions for hypertrophy; for resistance, perform 15 to 20 repetitions.

Basic Series

- **Jumping Jacks**
- **Stretching**
- **Abs**
- **Pull-ups**
- **Parallel Bars**

- **Walking or Running 10 to 30 minutes**

Initial Series

1. Aerobic 5 to 20 minutes

- **Pulley Pull**
- **French Triceps**
- **Free Squat**
- **Stretching**

2. Aerobic 10 to 20 minutes

- **Upper Abs**
- **Lower Abs**
- **Push-ups**
- **Bench Triceps**

3. Aerobic 8 minutes

- **Upper Abs**
- **Pedaling (Ileo Psoas)**
- **Hip Bridge**
- **Plank**

4. Aerobic

- **Push-ups**
- **Yoga Airplane**
- **Shoulder Abduction 2x12**

- **Direct Biceps**
- **French Triceps 2x10**

Fundamental Series

a) Aerobic 30 minutes / bike and treadmill

- **Upper Abs**
- **Lower Abs**
- **Wide Row Back**
- **Pulley Pull**
- **Direct Biceps**
- **Shoulders on Machine**
- **Leg Extension**
- **Leg Curl**
- **Stretching**

b) Aerobic 30 minutes

- **Oblique Abs**
- **Alternate Legs (Ileo Psoas)**
- **Chest Fly**
- **Flat Bench Press (HBC)**
- **Triceps (on pulley)**
- **Calf (on machine)**
- **Thigh Abduction**

- **Thigh Adduction**
- **Stretching**

Series 0 – Short Adaptation Series

Male

- **10 minutes walking**
- **5 minutes stretching**
- **Chest Fly**
- **Direct Biceps**
- **Upper Abs**

Female

- **10 minutes walking**
- **5 minutes stretching**
- **Back Row on Bench**
- **3x12**
- **3x12**
- **2x20 or 15**
- **3x12**
- **Triceps on Pulley or French Triceps 3x12**
- **Upper Abs 2x20 or 15**

Series 1 – Advanced Adaptation Series

Male

- **Upper Umbilical Abs 2 x max.**
- **10 minutes walking**
- **Chest Fly 2x7**
- **Reverse Fly on Bench 2x7**
- **Direct Biceps Curl 2x7**
- **French Triceps Curl 2x7**
- **Standing Row 2x7**
- **Leg Extension 2x7**
- **Leg Curl 2x7**
- **Glute Machine 2x7**
- **Calf on Leg Press 2x7**

Female

- **Upper Umbilical Abs 2 x max.**
- **10 minutes walking**
- **Ankle Glute 2x7**
- **Glute Machine 2x7**
- **Leg Extension 2x7**
- **Leg Curl 2x7**
- **Chest Fly 2x7**
- **Reverse Fly 2x7**

- **Triceps on Pulley 2x7**

Series 2 - Two Days Alternating

a) Upper Umbilical Abs 2x7

- **2 x max.**
- **2 min. walking**
- **5 min. running**
- **3 min. walking**
- **Chest Fly 2x8**
- **45 Degree Fly 2x8**
- **Concentrated Biceps Curl 2x8**
- **Standing Row 2x8**
- **Leg Extension 2x8**
- **Thigh Adduction 2x8**
- **Leg Raise (Ileo Psoas) 2x8**

b) Lower Umbilical Abs 2 x max.

- **2 min. walking**
- **5 min. running**
- **3 min. walking**
- **Front Pulldown 2x8**
- **Reverse Fly on Bench 2x8**
- **French Triceps Curl 2x8**

- **Leg Curl 2x8**
- **Thigh Abduction 2x8**
- **Calf on Leg Press 2x8**
- **Glute Machine 2x8**
- **Lumbar Flexion 2x8**

Series 3 - Two Days Alternating

Male a) Upper Abs 2 x max.

- **10 min. running**
- **Chest Fly 3x8**
- **45 Degree Bench Press (HBC) 3x7**
- **Flat Bench Press (HBL) 2x6**
- **Pulley Triceps 3x8**
- **French Triceps 3x7**
- **Unilateral Cross-over Triceps 2x6**
- **Standing Row 3x8**
- **Shoulder Development 3x7**
- **Shoulder Abduction 2x6**
- **Adductor Machine 3x8**
- **Abductor Machine 3x8**
- **Glute Machine 3x8**

b) Lower Abs 2 x max.

- 10 min. running
- Front Pulldown 3x8
- Reverse Fly 3x7
- Bench Row (HBC) 2x6
- Concentrated Biceps Curl 3x8
- Alternating Biceps Curl 3x7
- Direct Biceps Curl 2x6
- Direct Wrist Curl 3x8
- Leg Extension 3x8
- Leg Curl 3x8
- 45 Degree Leg Press 3x7
- Smith Squat 2x6
- Calf on Leg Press 3x8

Female a) Upper Abs 3 x max.

- 10 min. running
- Ankle Glute 2 Angles 3x8
- Glute Machine 3x7
- Smith Squat (feet abducted) 2x7
- Abductor Machine 3x8
- Leg Curl 3x7
- Front Pulldown 3x8

- Reverse Fly 2x7
- Alternating Biceps Curl 2x8
- Low Pulley Biceps 2x7

b) Lower Abs 3 x max.

- 10 min. running
- Leg Extension 3x8
- 45 Degree Leg Press 3x7
- Calf on Leg Press 3x7
- Adductor Machine 3x8
- 45 Degree Fly (HBC) 3x8
- Chest Fly 2x7
- High Pulley Triceps 3x8
- French Triceps 2x7
- Shoulder Abduction 3x8
- Shoulder Development 2x7

Series 4 – Five to Six Times a Week

Warm-up: Aerobic and/or Stretching

Male a) Upper Abs 3 x max.

- Chest Fly 3x8
- Flat Bench Press 3x7
- 45 Degree Fly 2x8

- **Chest Cross-over 2x6**
- **Direct Biceps (HBL) 2x8 (conjugated)**
- **Alternating Biceps 3x7**
- **Concentrated Biceps on Bench 3x7**
- **Robot Biceps 2x6**
- **Abductor Machine 3x8**

b) Lower Abs 3 x max.

- **Front Pulldown 3x8**
- **Wide Row Machine 3x7**
- **Reverse Fly 2x8**
- **Bench Row (HBC) 2x6**
- **High Pulley Triceps 2x8 (conjugated)**
- **French Triceps 3x7**
- **Triceps on Forehead 3x7**
- **Unilateral Cross-over Triceps 2x6**
- **Adductor Machine 3x8**

c) Standing Row on Low Pulley 3x8

- **Shoulder Development 3x7**
- **Shoulder Abduction 3x6**
- **Shoulder Shrug**
- **Leg Extension 2 x max.**
- **Leg Curl 3x8**

- **45 Degree Leg Press 3x7**
- **Calf on Leg Press 3x8**
- **Unilateral Smith Squat 2x7**
- **Glute Machine 3x8**

10 – Nutrition Tips

“God feeds the birds of the sky and clothes the lilies of the field, aren't you more important?”

- **Mixing carbohydrates in the same meal for greater energy gain can also be avoided in weight loss diets.**
 - **Example: rice, potatoes, flour...**
- **When starting your meal, eat vegetables and greens first, then carbohydrates, and finally proteins, as this is the best order for food absorption.**
- **Eat low-calorie foods every 3 hours for better weight loss.**
- **Seek quick meals or exclusive fruit meals.**
- **Stay well hydrated.**
- **Combine fruits in juices and smoothies, mixing a base fruit (more solid) with a more acidic one (more liquid).**
 - **Example: Apple with Watermelon / Pear with Melon / Avocado with Lemon / Strawberry with Pineapple / Banana with Strawberry**
- **Butter harms cholesterol with saturated fat, and margarine contains trans fat. Ideally, alternate consumption between the two options.**
- **Avoid eating due to emotional disturbances such as stress, anxiety, and problems. Bless and thank God for the food.**
- **Chew food well.**

Blood Type Diet

Based on the toxins released by the body, this diet advises the intake of specific foods. Here, we focus on foods that cause weight gain and loss, and the type of activity recommended. For more details, refer to the book "Eat Right for Your Type" by Peter J. D'Adamo:

TYPE O

Intense Activity Recommended

Weight Gain:

- Corn Gluten**
- Corn**
- Pinto Beans**
- Navy Beans**
- Lentils**
- Cabbage**
- Brussels Sprouts**
- Cauliflower**
- Mustard Greens**

Weight Loss:

- **Seaweed**
- **Seafood**
- **Iodized Salt**
- **Liver**
- **Red Meat**
- **Spinach**
- **Broccoli**

TYPE A

Relaxing Activity Recommended

Weight Gain:

- **Red Meat**
- **Dairy**
- **Pinto Beans**
- **Butter Beans**
- **Wheat**

Weight Loss:

- **Vegetable Oils**
- **Soy Foods**
- **Vegetables**
- **Pineapple**

TYPE B

Balanced Activity Between Mental and Physical

Weight Gain:

- **Corn**
- **Lentils**
- **Peanuts**
- **Sesame Seeds**
- **Buckwheat**
- **Wheat**

Weight Loss:

- **Vegetables**
- **Red Meat**
- **Eggs/Low-fat Dairy**
- **Liver**
- **Licorice Tea**

TYPE AB

Physical Vigor, Creative Energy, and Spirituality

Weight Gain:

- **Red Meat**
- **Pinto Beans**
- **Butter Beans**
- **Seeds**
- **Corn**
- **Buckwheat**
- **Wheat**

Weight Loss:

- **Tofu**
- **Seafood**
- **Dairy**
- **Vegetables**
- **Seaweed**
- **Pineapple**

11 – Medicinal Tips

- **Green tea** is a good option to lower cholesterol.
Attention: Do not consume it with meals as it hinders iron absorption.
- **How to make homemade oral rehydration solution:**
 1. Mix one liter of mineral, filtered, or boiled (but cooled) water with one teaspoon of salt and one tablespoon of sugar.
 2. Stir well and give to the child in small spoonfuls.
 3. An error in measurements can cause convulsions in a dehydrated child. To avoid mistakes, get a measuring spoon from government health posts. In a glass of filtered water, place a level measure of sugar (larger side of the spoon) and a level measure of salt (other side of the spoon).
 4. Homemade oral rehydration solution is used to combat dehydration in cases of food poisoning, heatstroke, diarrhea, or vomiting.

Treatment Points

- **Ear – Reduce brain activity:** Apply pressure only until you feel a slight pain for a short time (5 seconds).
- **Forehead – Relax the mind:** Perform circular movements between the eyes gently.
- **Belly – Obesity:** Apply moderate pressure with your index finger, know yourself.

- **Ankle – Pain:** Apply pressure until the pain decreases.
- **Rotator Cuff – Shoulder stabilizer**