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You don't need to be ill to benefit from the advice in the CD, you may just want to maintain your present good health throughout your life . Although I was already healthy when I read the book You the Owner's Manual two years ago before I listened to the CD recently, I have been applying the various

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advice since then, I realized what I was ...

~~YOU: The Owner's Manual: An Insider's Guide
to the Body ...~~

MANUAL RESISTANCE EXERCISES 1. NECK FLEXION -
(Neck Flexors) Start: Lying face up on a
bench with your shoulders slightly over the
edge of the bench. The top of the head should
be parallel to the floor. At the beginning of
each rep the neck muscles should be totally
relaxed. Movement: Flexing only the neck
muscles, raise the head forward and

~~MANUAL RESISTANCE EXERCISES~~

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This is where manual resistance (MR) training comes into play. MR training is a mode of resistance training in which exercises are performed working against the resistance provided by a spotter. To provide a mental picture, let's use an exercise like a barbell bicep curl.

~~Manual Resistance Training Techniques |
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Owner's Manual To ensure the safest and most effective use of your Resistance Chair® exercise system, please read this manual thoroughly prior to use.

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muscles, point your toes as you push the pedals away. As you return to the starting position, raise your toes and rotate your heels downward. CAUTION: To avoid injury, keep you feet firmly on the pedals to prevent them from slipping. To exercise your abdominal muscles, keep your arms straight and bend back at the waist as you exercise.

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The motto of the Resistance Manual is get educated, get organized, and take actions. The goal of the Resistance Manual is try to sift through the noise of constant breaking news and focus on what responses to policy are actionable and what exactly people's course of action should be.

~~Resistance Manual — Aditi Juneja~~

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Manual resistance training (MRT) can be an effective, low-cost, and easy-to-perform training modality. It can be performed in many situations regardless of space, equipment availability, and performance level.

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~~Considerations for Utilizing Manual Resistance Training~~

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