

Fitgray Exercise

Handout



Different Approach

You have already seen many exercise handouts with Pictures, Images, Start and Finish positions, Numbers and repetitions. Instead, we use duration such as timer & stop watch. We want to give our brain more important tasks than counting numbers—because these numbers don't matter if you don't do the exercises correctly. This handout will teach you how to do the exercises in perfect form, primarily. So, spend some time learning *before* you start any exercise.

Quality input = Quality Outcome

Before you exercise, be aware

- ✓ You are going into a *discomfort zone* with a smiley face.
- ✓ Be prepared for muscle fatigue, soreness, dull ache/pain, or shortness of breath.
- ✓ Be clear, new learning often comes with frustration- you have to overcome it.

How To Do It

Know Your Muscles Before the Actions

- ✓ Once you know the muscle, focus on working the muscle by tightening/contraction or activating.
- ✓ Working the muscle causes fatigue.
- ✓ Once the muscle is fatiguing your job is done.
- ✓ If the muscle is not fatigue, follow from the beginning.
- ✓ Relax and let the body/nature do its part to recover and rebuilt.

“Know your Role in the exercises: The key is to fatigue the muscle.”

What to expect after/during

Discomfort, dull achy pain, soreness on muscles. Be positive and continue. Consistency is your 1st goal.

Lets get to work

Let's start with forearm muscles activation. Forearm strength and function will reduce the load of the shoulder and upper trap muscles —It is like using a good shoe in order to protects your hips.

Email: hello@fitgray.com

Contact: +1 (929)360-7861

Website: <https://fitgray.com/>

**“You are not getting older;
you are becoming a classic.”**

Exercise 1-Forearm Activation- Exercise

- ✓ Feel the forearm muscles by tapping the muscles (fig 1) about 5-10 times.
- ✓ Grip the opposite forearm.
- ✓ Tighten the muscles you were tapping.
- ✓ Loosen the grip and increase muscle tightness 2 min each fore arm.

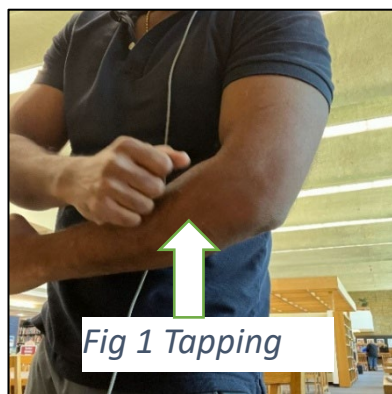


Fig 1 Tapping

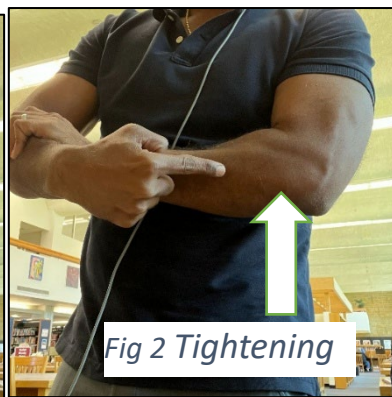


Fig 2 Tightening

Exercise 2 – Practical

- ✓ Find weighted comfortable weight object. Ex, Pan, Oil cane, rice bag.
- ✓ Apply exercise #1 to practical. Stand tall and proud and grip the object you choose, heads up/tighten your forearm muscles (fig 3) 2min. Gradually reduce the grip while you maintain or increase muscle tightness. If you tried stop and start again.

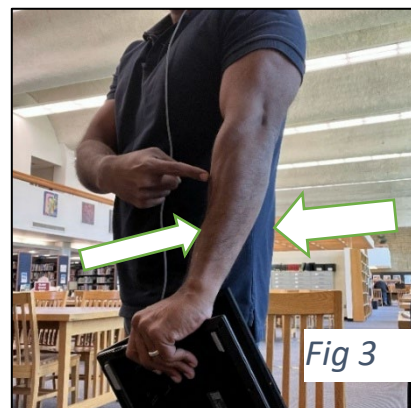


Fig 3

✓	2	3	4	5	6
7 1 week	8	9	10 th day Nice work	11	12
13	14	15 50 %	16	17	18
19	Brain starts absorb	21	22	75% done	24
25	26	27	28	29	 Proud of you.

Be honest yourself continue exercises for you not for the instructor. Email completed sheet for a appreciation gift.