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of applied resistance throughout the entire range of movement (1).

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MANUAL RESISTANCE EXERCISES

1. NECK FLEXION □ (Neck Flexors)

Start: Lying face up on a bench with your

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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

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~~MANUAL RESISTANCE EXERCISES~~

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.

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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

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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

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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

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~~Considerations for Utilizing Manual
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