

Effects of Exercising on the body

Hosted by Jaden Williams

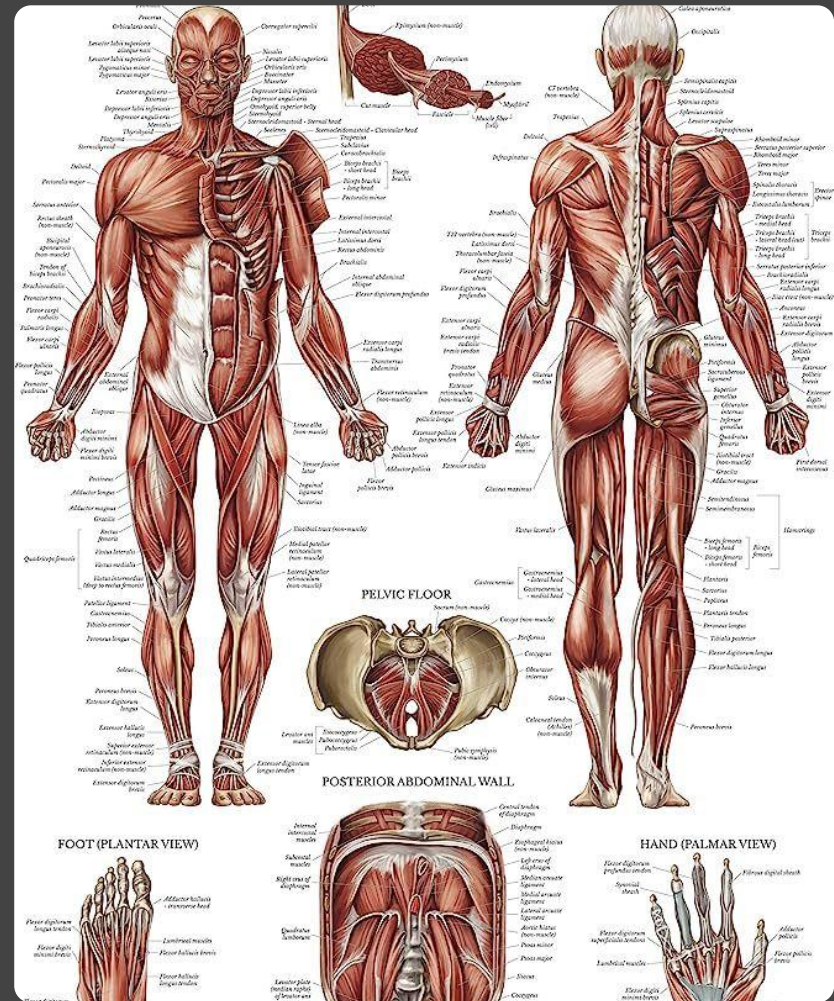
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How muscles do work?

- ★ The muscular system is designed to support organs, enable motion, and keep the body in place.
- ★ Even if you don't "exercise," you activate your muscles everyday.



What's the point of exercising?



Mental Health:

Exercising and mental health are heavily connected. Exercising boosts energy, reduces stress, boost confidence, and so much more.

Sleep improvement:

Since your putting your body through intense training its way easier to fall asleep. Thus improving your sleep schedule and improving health

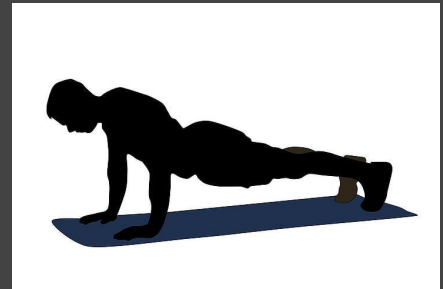
Increased health:

It should go without surprise that exercising bring good health, reduced chances of diseases, longer lifespans, and helping with the heart.

Weight control:

A large percentage of people exercise to lose weight for a reason, along with a diet. It's the fastest way to lose fat.

Muscles of the week: Chest, Shoulders, and triceps



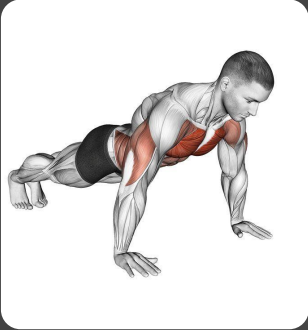
Push muscles

These muscles require you to push in some way, often working together in conjunction. Thus working them all together is a common practice,

Even though it's your choice.



Push Exercises



Pushups



**Dumbbell
Bench press**



Tricep dips

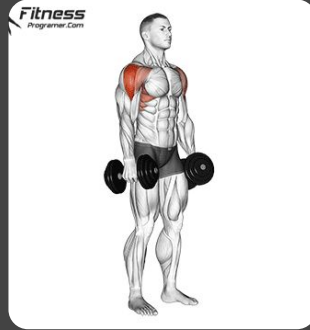


**Shoulder
press**

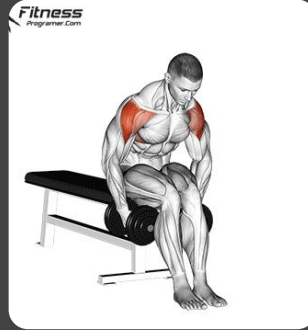
(More) Push Exercises



**Tricep
extensions**



**Lateral
raises**



**Rear lateral
raises**



**Dumbbell
flies**

Now Go Workout!