

# Fitness of Human Being



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## Fitness of human beings

Why do we need to physically exercise our bodies? Unfortunately, for most of us today it is only when our physicians diagnose us with ailments such as diabetes, high blood pressure and cholesterol that the thought of physical exercise occurs to us, but by then we would have reached an age of 40 to 45 years. This then requires us to engage in physical exercises during our middle ages, that we should have engaged in when we were younger. This for some is an unpleasant experience. However, today the need for exercise has become a necessity in our lives. As to why this is a necessity and how many of us are really aware of this fact should be seriously considered.

Looking back at about 30 years ago, exercise equipment was not as common as it is today. Today we are more conscious and aware of the need for exercise more than we were back then. We will now consider how and why our bodies were exposed to exercise in day to day activities back then.

## Prior to 30 years ago



Back in the day, in order to bathe or collect water, people would have to physically draw water from a well. In the event that one did not have a well within the close vicinity of their house, they would have to walk a few hundred meters to reach a well. Bathing would require you to physically draw each bucket of water. This routine of bathing, in turn, would exercise and strengthen one's

arms, shoulders, back, and spine.

It is noteworthy to point out that back then even women were able to do so without difficulty, regardless of their age. They would not only bathe themselves, but also younger children by drawing bucketfuls of water without difficulty. As a result, women back then suffered significantly less from ailments such as lethargy, shortness of breath, spine problems and dizziness, all of which are common problems for most women of today above the age of 35 years.

## Present Day



Bathing at a well has now been replaced with the use of bathrooms. As a result, we no longer receive any element of exercise during this daily process.

Today, most houses have (attached) bathrooms making it easier to bathe with the least amount of physical exertion. Even in the event of not having attached bathrooms, most houses today have bathrooms with pipeline water, thus making it easier to bathe with minimal physical exertion.

In comparison to how it used to be, we now receive absolutely no exercise whatsoever from this daily process of bathing.



## Prior to 30 years ago



Back then, regardless of age women used Grinding Stones on a regular basis for preparing meals in the kitchen. Doing so (for 30 mins or more daily) would in turn exercise arms, shoulders and back while simultaneously burning fat.

## Present Day



In today's homes we use electric grinding machines and blenders in place of the grinding stones of the past. We also have the option of buying pre-ground herbs, grains and spices.

Due to this our bodies no longer receive the exercise it used to receive from this activity and instead we get used to smaller amounts of physical activity and lethargy.

## Prior to 30 years ago



Back in the day, before modern commode systems were introduced into houses, people used squatting pans. The use of a squatting pan at least twice a day would not only strengthen the knee joints, but also exercise one's stomach and thighs. Furthermore, this squatting position would help avoid knee pains, back aches, and also reduce the unhealthy protrusion of the belly.

Also noteworthy here is the fact that squatting pans were used by men and women alike regardless of their ages. It is highly unlikely that most people above 50 years old today would be able to hold a squat position as their ancestors did before them.

## Present Day



The use of commodes has removed our need to stretch our knee joints etc. and instead leaves us in a comfortable sitting position which is not as of benefit to our bodies as squatting is.

For most people today not only is it difficult to achieve this squatting position, they would also find difficulty in standing up straight without the aid of some form of support. Unfortunately, this is a problem encountered by most people today, regardless of their age or gender. As a result present day people have much weaker bodies than those of our ancestors before us.

## Prior to 30 years ago



People who lived in mountainous regions would either travel by foot or by bicycles in order to get about. When travelling even a small distance of a kilometer or two in the foresaid manner, not only did they burn great amounts of fat daily, but also their body's flexibility and stamina levels were greatly increased.

Furthermore, unlike today, people had no access to cabs and three wheelers. As they were restricted to only using buses that only travelled on the main road, they had no choice other than walking to get about their daily activities. '

## Present Day



Today, most people would resort to taking a cab or a three wheeler when having to travel across hilly areas. We find ourselves resorting to such options even when travelling small distances. To make it worse, we are now able to order transportation right up to our doorsteps further reducing even the little exercise we previously got by walking.

## Prior to 30 years ago



Back in the day, farming and gardening made up most peoples' lifestyle at home. This was true regardless of their income levels and they would take certain pride in their farming activities. As a result, they would spend up to 2-3 hours almost daily, ploughing and tilling the land. This activity alone amounted to a full body workout.

This helped them maintain high levels of physical strength and stamina. Even those who did not have farm lands, would farm and till their gardens which were most likely to be at least a couple of acres big. They would spend at least 2-3 days a week with garden work, using tools like spades, knives and axes. Today, however, it is unlikely that most youth even know how some of these tools are used



## Present Day



Today, most gardening and farming is done with the aid of motorized tools. Even though they may increase productivity in terms of field work, they serve no benefit to us in terms of physical exercise.

With the advancement of technology today, most field work is handled by machine. The purpose of such machines is to reduce human effort. This however must be seen positively as it is a sign of our technological development.

## Prior to 30 years ago



The mortar and pestle were common tools in most households which was used by men and women alike. While using these tools for an hour or two per day it provided adequate exercise to the user's arms and back muscles.

About 30 years ago, it was common for adults and youth to use this tool all together at once to pound rice etc., making it an enjoyable social activity in their homes. Learning about such customs would no doubt amuse the youth of today.

## Present Day

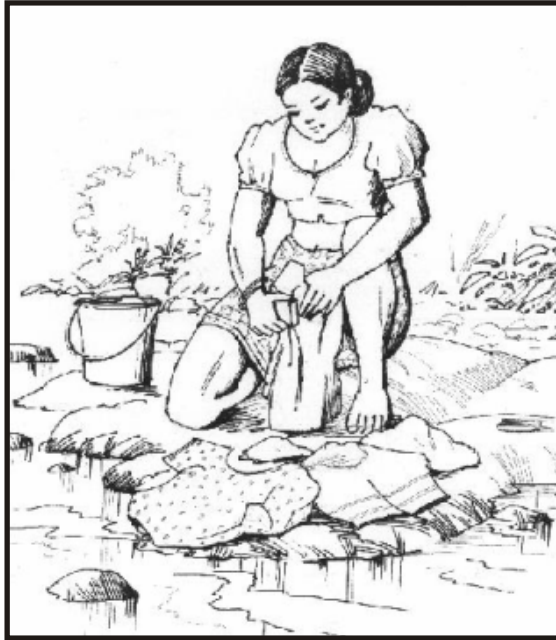


In homes today, we see that the use of electric grinding machines and blenders have replaced the need for a mortar and pestle. In the event that they do not have such equipment, they would still be able to buy pre ground and packeted grains from grinding mills for their use.

Not only do young women of today not have any knowledge of using such a tool, it would also be dangerous for them to use it as it would expose them to the possibility of injury. To avoid such a situation most husbands, out of love would be their wives modern grinding tools.

However, it is only as time passes and their wives start showing signs of obesity that they realize the foolishness of what they have done. By then however, it is too late.

## Prior to 30 years ago



Back in the day the process of washing clothes required you to walk to the nearest well, lake or river and physically scrub their clothes against a rock. This process would not only increase the body's flexibility, but also work the body's stomach muscles, knees, arms and wrists. As this was a daily process, it provided their bodies a daily workout.

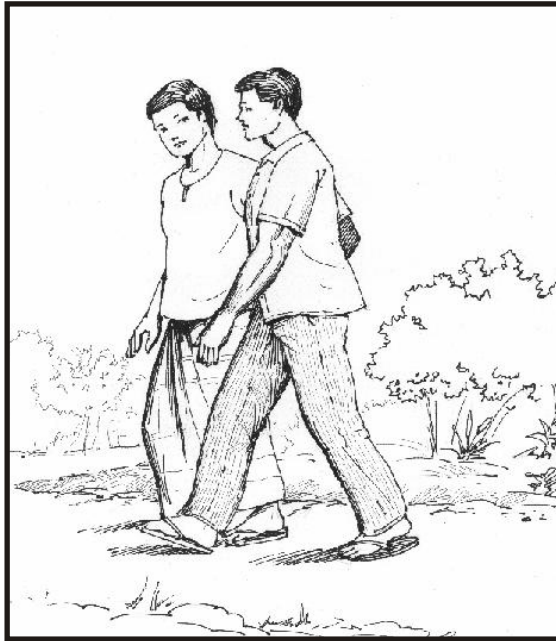
## In the Present



The use of washing machines leaves us with no element of exercise whatsoever.

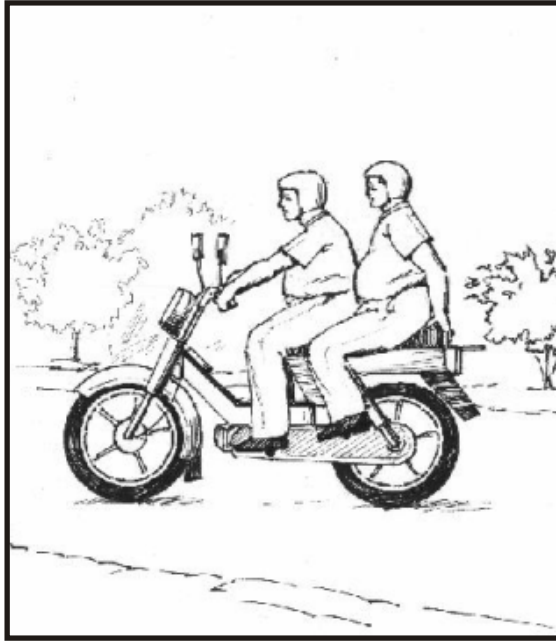
In the present day most houses are quipped with washing machines making it easier for us to wash our clothes with minimal effort. Additionally, we may even get about our other tasks while our clothes are automatically being washed.

## Prior to 30 years ago



Back in the day, unlike today buses and cabs were not as abundantly available. As most houses did not have their own mode of transport, they walked when they had to travel smaller distances. This they did regardless of age. This kind of lifestyle exercised their bodies daily and as a result they didn't have to allocate time solely for exercising.

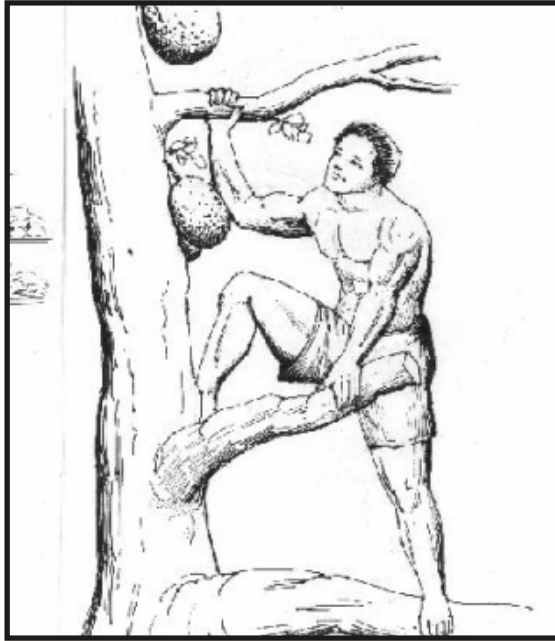
## Present Day



Today, most households have privately owned vehicles from cars to motorbikes, failing which they would hire a taxi to travel the shortest of distances. Sadly, walking is looked down upon by most people



## Prior to 30 years ago



Back in the day, unlike us, our ancestors were much more accomplished at climbing trees. This activity, as it would count for a full body workout, kept their bodies trim and fit.

Back then they would climb trees in their own gardens to pluck fruits. Unlike today where we would buy our entire meal, our ancestors managed to procure most of their food from trees in their own gardens.

## Present Day



Today, most of us buy our food from grocery stores and supermarkets to which we are most likely to drive to. For some, where even cooking their own meal is seen as a hassle, would resort to buying fully prepared meals from restaurants.

Leave alone trees, most houses don't even have their own garden as a majority of people live in apartment buildings.

## Prior to 30 years ago



Collecting and chopping firewood was a necessity in houses in the past. This was also a part of their daily activities. Collecting and chopping firewood strengthen the arms, chest, forearms and back muscles.

The axe was a tool that was used on a daily basis by most people regardless of their gender.

## Present Day



In the present with our busy lifestyles it isn't practical nor necessary to be chopping wood. Instead, we use gas cookers to prepare our meals with minimum physical exertion. Even those who do not use firewood stoves would buy their pre processed ingredients to prepare their meals.

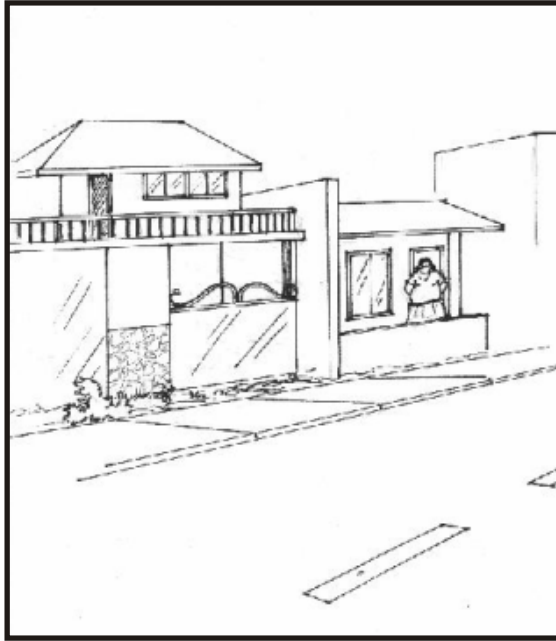
## Prior to 30 years ago



Gardens in comparison to those today were immensely bigger. Cleaning and sweeping a garden took up to almost an hour a day and this served as a good form of exercise for women back then.

From what we have been told by those before us, those who live about 30 years ago lived in houses with total land areas of 5-10 acres. Apart from that, 2-3 acres of that would be garden space. Prior to 30 years ago.

## Present Day



Today the total land area on which most houses are built on is between 3-25 perches. Of this, the house takes up to 75% of the land, leaving very little space for a garden, or in some instances they would have no garden at all. As a result, most would only have heard of sweeping gardens and would not have any practical experience in doing so.

## Prior to 30 years ago



Unlike today, back in the day, one's daily requirement of water had to be obtained from the well or other nearby water sources. Not only would these water sources be a couple of hundred meters away from the house, once retrieving the water, they would have to make their way home while carrying multiple containers of water. This process may have been repeated several times a day. Even though it may have been unknown to them at the time, this was a fat burning exercise. It is doubtful however that today's women could even think of accomplishing such a task.

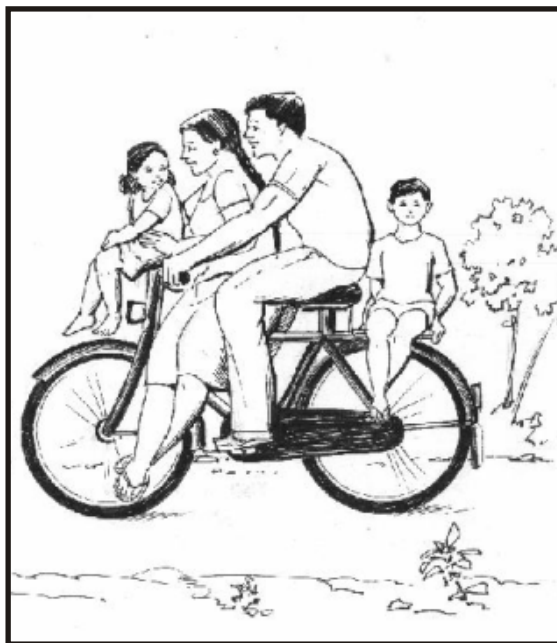


## Present Day



In today's context, even if one wanted a well in their garden, limited space brings up a practical problem in having a well. Furthermore, the need for a well does not exist anymore with the existence of modern pipe line water facilities. Even if one did have adequate space in their garden for a well, the convenience of having pipeline water has made making trips to the well an unnecessary and tiring chore.

## Prior to 30 years ago.



In the past, other than in hilly regions, people were accustomed to getting about their daily travelling on bicycles. While some houses had at least a minimum of one bicycle for use, some others even had multiple bicycles depending on their requirements. During such times, travelling distances of 5-10 kilometers daily was not considered too much of a strenuous task. Cycling provided them with an excellent lower body workout while burning fat at the same time.

## Present Day



Today, most people at mid income levels are capable of buying a vehicle for themselves for personal use by means of leasing. While those at higher income levels may have multiple vehicles for their use, even those who cannot afford buying their own car, would resort to hiring cabs or such like for their transportation requirements.

The world has now changed. In a constantly changing world, we too must adapt to change. Most tasks that were part of peoples' daily lifestyles are now redundant. In order to save time we have made lots of adaptations to our lives and by this we have become more efficient at getting things done, but also at the same time we have also never been busier before.

Our modern lifestyles require that we wake up by 5am and go to sleep late by 10 or 11 pm. During this time period, we manage to complete a vast amount of tasks, much more than those before us managed within a day. We manage to do so thanks to human advancement and the tools we have today. Our lifespans have dropped in comparison to those before us. We also spend more time dedicated to education. Our education system which starts us off at a very early age should ideally end at us reaching the end of our youth, however, this is not so and we go on until we have reached our middle ages.

It is only thereafter that we may properly start earning. Then the question is, if we start earning in our middle ages then how much time do we really have left to earn? If a person completes his education by the age of 35 and starts earning, then by 50 if he is not healthy and well, all he has is 15 years.

Therefore, if we can maintain a healthy physical state until we are 65 years old, we may extend the time we have to earn. This time is commonly referred to in the West as "Productive Time".

At the age of 55 years if we do not have any of the said Productive Time, we would be unable to give back to society. If beyond the age of 55 we find ourselves to be ill, we may also find ourselves spending our life earnings on doctors, hospitals and various other medical expenses. Even though most illnesses today do not have cures, one must not forget that these cures are not cheap and require you to spend large amounts of money. Furthermore, if illness strikes and you're sick for 10-15 years of your life, your medical expenses would be incalculable.

Moreover, speaking of health and wellness, after you have gotten ill would be a pointless and painful affair. After all, prevention is better than cure.

Our ancestors maintained a healthy lifestyle in the manner in which I discussed before. For us to achieve such a healthy state of being, we don't have to think that we need to do everything as they did.

While we change and improve ourselves in a constantly changing world, we must strive to maintain the highest levels of health. If we stay focused on doing so, then we may be able to be of service to society and in turn to the world at large for a longer period of time without being a burden and an encumbrance to anyone at any point in our lives.

Accordingly, all forms of natural exercise discussed above have now gone redundant with the passing of time. In our busy lifestyles how do we find the time and place to engage in physical exercise? As a solution, let's take a look at some of the Domestic Physical Exercise Machines available in the market today.

## Popular Exercise Equipment of Today

With our busy schedules today, most people from urban and rural areas alike find the time to workout either by using equipment in their homes or by visiting local gyms. In Sri Lanka there are many companies in the business of selling exercise equipment, unfortunately however, many of them have no practical knowledge on fitness and exercise but still continue to sell their equipment to their customers.

As customers what we need to be vigilant about it as to whether the employees of such businesses have proficient knowledge on the topic of fitness. It is in fact ironic to see that in most cases you find overweight salespeople who have little or next to no knowledge on keeping fit, who have probably never done a sport in their life, attempting to sell you exercise equipment.

Therefore, it should be stated here that before one sells exercise equipment to a customer, one must first of all be able to set an example of himself by remaining physically fit.

Most domestic exercise equipment found in Sri Lanka is imported from either China or Taiwan. Some traders fraudulently claim that their equipment is imported from either Japan, the U.S.A or Germany. However, we need to be vigilant as consumers and know beforehand that all or most countries in the world by their domestic exercise equipment from either China or Taiwan. This is a fact because in these countries the production cost of such equipment is significantly lower than other countries.

However, most equipment imported for commercial purposes (for use in gyms etc.) are imported from countries such as the U.S.A and Italy.

Next let's take a look at some of the commercial fitness equipment used in gyms today.



TOTAL TRAINER



WEIGHT PLATE & BARS



LEG PRESS



CHIN DIP MACHINE



TREADMILL (USA)



RECURBENT BIKE



PREACHER  
CURL BENCH



WEIGHT LIFTING  
BENCH



HYPER EXTENSION



AB BOARD



AB PRO



MEDICINE  
BALL



BODY STRIDER



GYM BALL



YOGA MAT







## **Electronic Treadmill**

The Electronic Treadmill Machine, a machine which is popular around the world as it is in Sri Lanka, falls within a higher price range of equipment. With regard to its functionality, it operates by the rotation of a conveyor belt on which the user may either walk on or run. The user may accordingly increase or decrease the speed as required, while the maximum speed reachable is 20km/h.

Furthermore the angle of the belt may be adjusted accordingly to simulate a hill where the user can regulate between climbing a slope or even a flat plain. Priced between Rs.75000/- to Rs.450,000/, treadmills are available in different sizes at various Horse Power levels. While walking or running for at least an hour a day is highly recommended, the user can customize this machine to work for any time duration as required. The advantage of using a treadmill is that one may simulate an outdoor walking experience without exposing themselves to the harmful rays of the sun, rain, and smoke pollution that you would otherwise be exposed to in the outdoors. When you have finished your workout, you may even fold and put your treadmill away.

Additionally, your heart rate can be monitored and your workout can be timed off the unit itself. This piece of equipment may be used by everyone in the family.



## **Elliptical Strider**

This machine known as the Elliptical Strider is also known by other names such as Orbitrac, E-Trainer and Body Strider. This machine is available in Sri Lanka at a very affordable price range between Rs.10,900/-and Rs.23500/-. It is lightweight, can be used with ease regardless of age and gender while with customizable resistance levels. It is recommended to be used in 10-20min time intervals for best effect.

This machine's purpose is fat burning. It is especially useful for obese and overweight users while at the same time being highly beneficial to those with cholesterol problems and high blood pressure. While this machine simulates an exercise similar to walking, it also provides a full body workout. It may be used while watching TV. or while conversing with others. Equipped with a heart rate monitor, the display device will show you your speed, distance travelled, and the time spent. The wheels attached to this device make it easy to store it away in any part of your house after use.

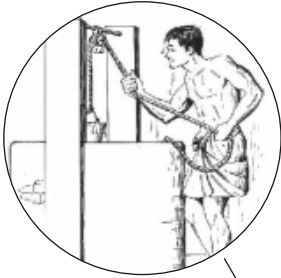
This is also the most used exercise machine in Sri Lanka.











## Home Gym

The Home Gym, as its name implies, is an all-in-one piece of equipment with adjustable resistance levels which the user may use without the help of an instructor or workout partner in the comfort of his or her own home.

This machine, which can be used by all, regardless of their gender is available in different sizes between 45 and 120kgs.

Priced between Rs.25,000/- and 95,000/- the Home Gym is available in forms of either a 2 station (where two people may use it simultaneously), or a 3 station. The Home Gym while being ideal for those who are unable to go to a gym, is a machine which can be used by all members of the family, even together at the same time, making your workout an enjoyable experience.



## Weight Lifting Bench

The weight lifting bench's use is not just for those interested in bodybuilding, but rather for anyone who may want to increase their physical strength. For most of us the words "weight training" would bring to mind the image of a bodybuilder with enlarged muscles. That is only one aspect of weight training and should not be confused with weight training in general.

Anyone can do weight training in a manner that is not too strenuous on the body, provided they train with a manageable weight. For example, a 50 year old and a 25 year old would be capable of training for the same time duration, the only difference being the weight that they lift. As an example, the same sequence of weight lifting exercises would be used by both persons, whereas when the 25 year old would train with 50kg weights, the 50 year old might train with 20kg weights. An older person of about 65 years could train with 10kg weights while a lady may be comfortable training with 15kg.

In the example given above, everyone trained for the same duration of time, the only varying factor being the weights that were used. Weight training can be carried out regardless of gender, however, the weight used would vary depending on gender, age and the physical status of each person.

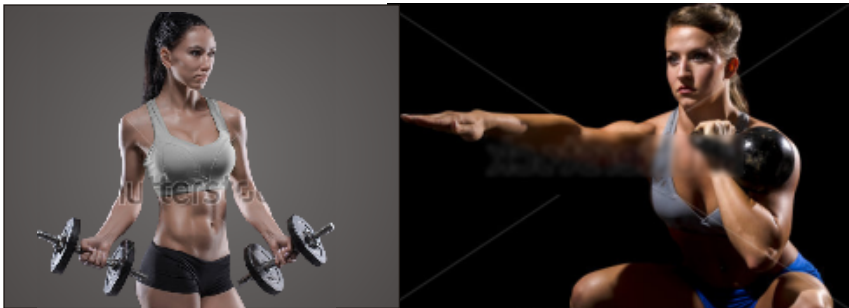


## Weight Training



Dumbbell and barbell training involves a bar to which you may add a desired weight for customized weight training. Here a single sequence of movement (known as a “Rep”) may be repeated between 8-12 times (8-12 “sets”). 3 such sets are considered as one session.

## Barbell / Kettlebell



Barbells consist of an iron rod between 3-8 feet long. Lengths of 4,5 and 6 feet are usually considered ideal for working out.

Dumbbells consist of a shorter rod between 14”-16” long while 14” dumbbells are usually considered ideal. Dumbbells and barbells can be used by anyone of both genders, while the fact that you can work with customizable weights makes it easy for anyone to use.

## What you need to take into consideration

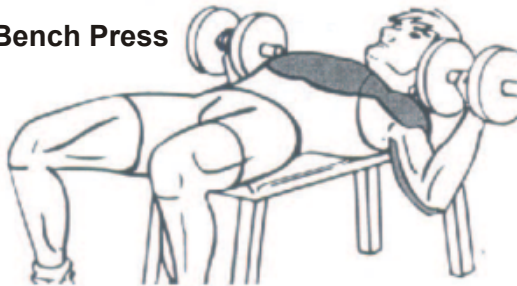
1. Before each session of weight training it is essential to do a warm up.
2. After a session of working out you must refrain from eating or bathing for at least an hour after your workout.
3. Each session should consist of between 8-12 reps x3 sets.
4. Ensure that each session is performed at a manageable weight limit so as to ensure the successful completion of a session.
5. Weight training should take place every other day.
6. Exercising in front of a mirror is recommended.

Dumbbell bars are manufactured in the forms of steel, rubber and plastic and it is preferred by most females to use plastic ones instead of steel.

Females prefer rubber and plastic dumbbells as they cause no harm to the palms while working out.

## Next, let's consider some exercises we could do using dumbbells and barbells.

### Dumbbell Bench Press

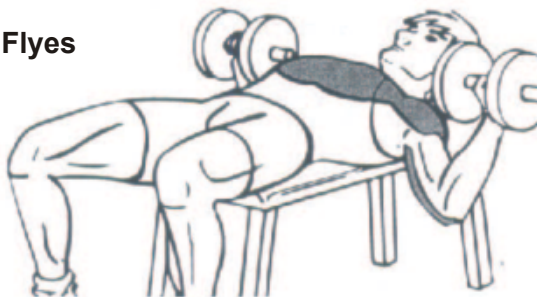


Lay flat on the bench taking a dumbbell in each hand. Bend your arms at the elbows with your palms facing upwards and hold that position at chest level.

Extend your arms by lifting the dumbbell above your chest. Once lifted off your chest your arms must remain straight.

Bend your arms at the elbows and bring the dumbbells back to the starting position.

### Dumbbell Flies



Lay flat on your back with each dumbbell in hand while your arms are extended away from your body.

Bend your arms slightly at the elbow while bringing the dumbbells over your chest. Bring the dumbbells together with your palms facing each other.

Finally, extend your arms at the elbows while bringing the weights down as much as possible and then bring it back up.



## Stiff Arm Dumbbell Pullover



This exercise requires only one dumbbell.

Lay flat on your back while holding the dumbbell with both hands. Hold the dumbbell above your chest with your arms extended straight.

Bring the dumbbell down behind your head as low as possible.

Return to starting position.

## Side Raises



Stand up straight with each dumbbell in hand.

Extend both arms sideways until they are in level with your head.

Bring arms back to starting position.

## Dumbbell Rows



Bend forward and place one hand and one knee on the bench.

Pick the dumbbell off the floor with the free hand.

Bring the dumbbell up to your chest and return to starting position.

This exercise should be alternated between both hands equally.

## Side Bends

Stand straight with one dumbbell in each hand.

Place the free hand by the side of your head.

Bring the dumbbell down as much as possible while stretching the waist on the opposite side of the body. Return to starting position.

This exercise should be alternated equally between both hands.



## Alternate Bicep Curls

This exercise could be done in either a seated or standing position.

Place both arms on either side of your body with your palms facing forward.

While one arm remains straight, bring the other one up by bending your arm at the elbow. Bring your arm as close to the chest as possible before returning to the starting position.

Alternate this movement between both arms.



## Tricep Extensions

This exercise could be done in either a seated or standing position.

Pick the dumbbell with one hand and raise it above your head.

Bend the other arm at the elbow and hold the arm with the dumbbell at the elbow.

To do this you would have to reach from behind your head.

Bring the dumbbell down behind your head by bending your arm at the elbow

Return to starting position.

Alternate between both arms.





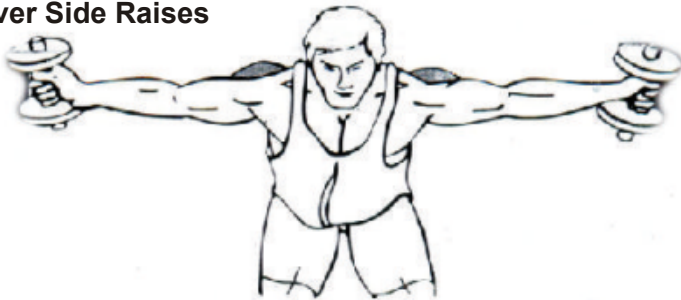
### **Front Raise**

Stand up straight with each dumbbell in hand, place in front of your thighs with palms facing inwards

While keeping your hands straight raise them up in front of your body until they are above the level of your head.

Bring your arms back to the starting position.

### **Bent Over Side Raises**



Pick up both dumbbells and stand with feet slightly apart.

Bend forward at the waist while bending the knees slightly forward.

Hold the dumbbells below your bent body with your arms extended straight.

Keeping your arms straight bring them up sideways as much as possible before returning to the starting position.

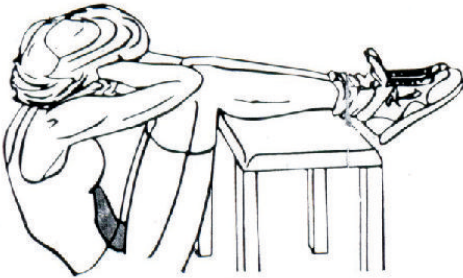
## Crunches

Lay down flat on the floor and place your legs on the bench.

Place your hands behind your head.

While flexing your stomach muscles bring your shoulder up to your knees.

Return to starting position.



## Barbell Exercises

### Squats

Stand with your feet approximately 1 ½ to 2 feet apart.

Hold the barbell on your shoulders from behind our neck.

While breathing deeply come down into a squatting position until your thighs are horizontal.

Exhale while you return to the starting position

It is essential that your back is kept straight throughout this exercise. In order to maintain your balance you may use the assistance of a wooden wedge placed under your heels.



## Lunge



Place barbell on your shoulders behind your neck.

Place one foot ahead of the other foot.

Bend the leg forward at the knee and lunge forward as much as possible.

Return to the starting position.

Alternate between both legs.

## Stiff Arm Barbell Pullover

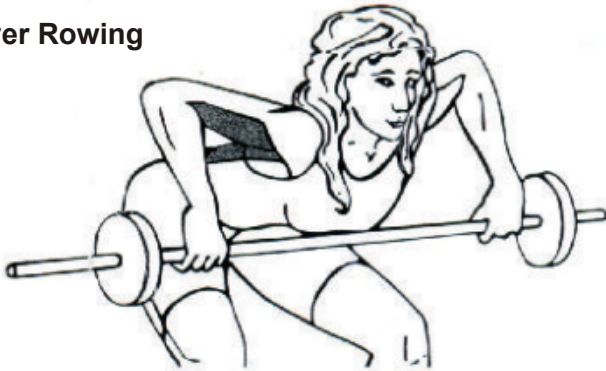


Lay flat on the bench, hold the barbell behind over your head with your arms extended.

Keep your arms straight while you bring the barbell over your head and stop above your chest.

Take the barbell as far back as possible and return to your starting position.

## Bent Over Rowing

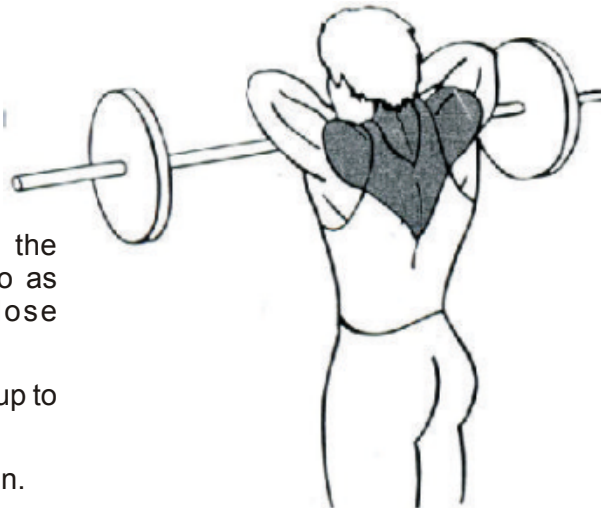


Bend forward and hold the barbell.

When holding the barbell be mindful that you hold the bar with your palms at a greater width than that of your shoulders. Bend your arms at the elbows and pull the bar up towards your chest

Bring the bar back down towards the floor and stop at a small distance away from the floor.

## Upright Rowing



While standing, grip the barbell in the middle so as both hands are close together on the bar.

Lift the bar up vertically up to your chin.

Return to starting position.



### **Shoulder Press**

Pick up barbell in upright position.

Bring barbell up to shoulder level and hold.

Lift barbell above your head until your arms are extended straight up.

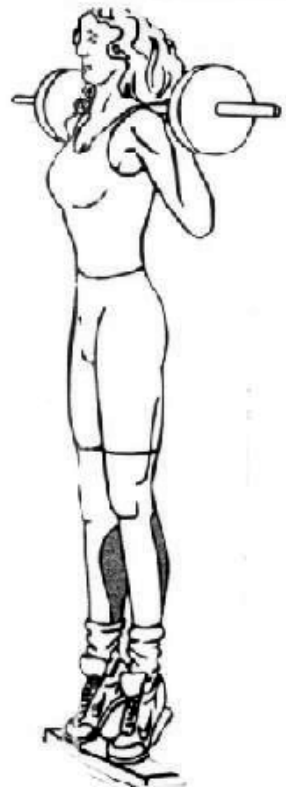
Bring the barbell back down to shoulder level.

### **Calf Raises**

Place barbell on back shoulder blades and stand up straight on a 2" wooden plank with toes resting on the plank.

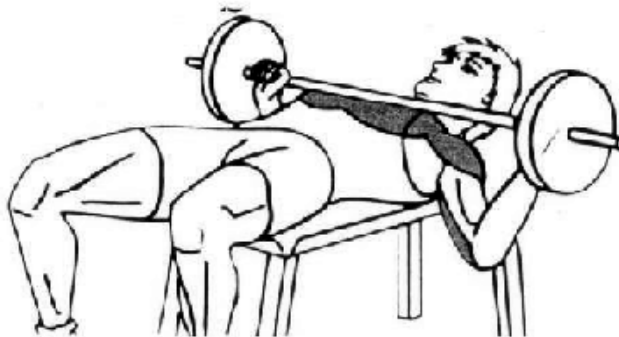
Lift yourself up on your toes.

Bring your feet back to the starting position.





## Barbell Bench Press



Lay flat on your back on the bench and pick up dumbbells with both hands.

Extend both arms while lifting the bar above and in line with your chest.

Bend your arms slowly and bring the bar back to your chest.

It is advised that this exercise be performed with the aid of an instructor.

## Barbell Triceps Extension

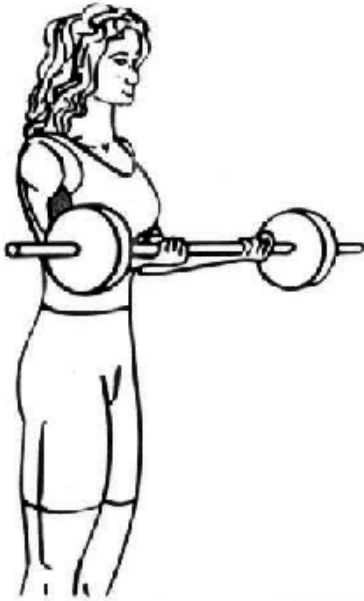
Lay flat on your back on the bench and pick up the barbell and hold it at chest level.

Extend your arms up straight above your chest.

Bend your arms at the elbow and bring the bar down to your forehead.

Return to starting position.





### **Barbell Curl**

Stand up straight with barbell, palms facing outwards while bar rests next to thighs

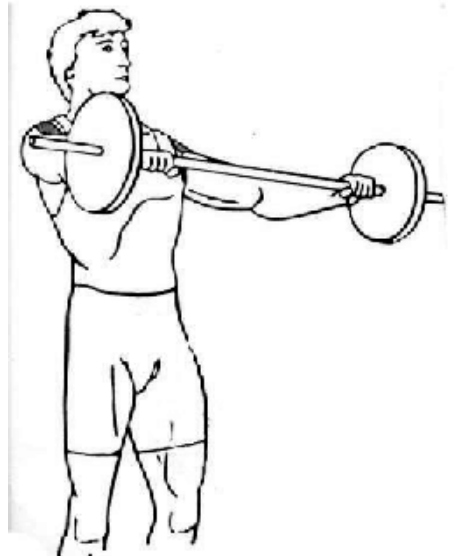
Bend your arms at the elbow and bring the bar up to your shoulders.

Bring the barbell back down slowly to the starting position.

### **Barbell Front Raise**

Stand up Straight with barbell with palms facing downwards. Bring the barbell up to your chest  
Extend both arms up above your head until both arms are straight.

Bring the bar back to the starting position.



## Wrist Curls



Sit on the bench with the barbell, arms placed on your thighs with palms facing upwards.

Hold the barbell slightly above the knee.

Bend your wrists and move the barbell in an up and down motion.

This exercise may be alternated by picking up the barbell with your palms facing downwards in order to stimulate other muscle groups.

### **When performing these exercises one must take into consideration the following;**

Keep your body straight and steady at all times.

When exercising a particular muscle group, focus on using only that muscle group for that particular exercise

Take all necessary precautions when exercising.

i.e.

Wearing necessary accessories and equipment.

Wearing suitable clothing

Having a partner/assistant when lifting weights.

Sticking to safely manageable weights only.

Completing the correct number of sets and reps





## **How do we find the correct Country of origin of fitness goods**

Most exercise equipment in the market today incorrectly state the country of manufacture in their documents, furthermore, sellers of such equipment claim to potential buyers that such equipment is imported from regions such as the U.S.A or Europe.

In such a situation a buyer may take the following steps to ascertain the legitimacy of such claims by a seller.

At the time of import, the importer of such equipment would be furnished with a "Certificate of country of origin". This certificate is a standard certificate required for importation and is available with other relevant shipping documents.

You may request for this document for inspection to ascertain for yourself as to whether the seller's claims are true or false.

1. Exporter's Name and Address STRENGTH MASTER FITNESS TECH CO., LTD., NO. 398, SEC. 1, YAOFENG RD., FUXIN TOWNSHIP, CHANGHUA COUNTY 513, TAIWAN. (R.O.C.)	CERTIFICATE NO.  <b>EE16HA01107</b>  Page 1 of 1  <b>CERTIFICATE OF ORIGIN</b>  (Issued in Taiwan)  <b>ORIGINAL</b>															
2. Importer's Name and Address																
3. Port of Loading <b>TAICHUNG, TAIWAN</b>	4. Port of Discharge <b>COLOMBO, SRI LANKA</b> 5. Country of Destination <b>SRI LANKA</b>															
6. Description of Goods; Packaging Marks and Numbers																
<table border="0"> <tr> <td>TR1200i Folding Treadmill</td> <td>FITNESS GOODS FOB TAICHUNG, TAIWAN</td> <td>37 SETS 73 PCS</td> </tr> <tr> <td>TR5000i Non-folding Treadmill</td> <td>H.S. CODE: 9506.91</td> <td></td> </tr> <tr> <td>TR7000i Commercial Treadmill</td> <td></td> <td>37 SETS 73 PCS</td> </tr> <tr> <td>E2i Front Drive Elliptical Trainer POWER</td> <td>SAY TOTAL FORTY THREE (43) CTNS ONLY. CERTIFYING THAT THE GOODS ARE OF TAIWAN ORIGIN, THE NUMBER OF THIS CREDIT: DB7062LC1514223 AND THE DATE OF THIS CREDIT: 151207 AND THE NAME OF OUR BANK: COMMERCIAL BANK OF CEYLON PLC COLOMBO</td> <td>vvvvvvvvvvvvvvvv</td> </tr> <tr> <td>MODEL NUMBER: RW1000 STRETCH PARTNER MODEL NUMBER: SP1000</td> <td></td> <td></td> </tr> </table>	TR1200i Folding Treadmill	FITNESS GOODS FOB TAICHUNG, TAIWAN	37 SETS 73 PCS	TR5000i Non-folding Treadmill	H.S. CODE: 9506.91		TR7000i Commercial Treadmill		37 SETS 73 PCS	E2i Front Drive Elliptical Trainer POWER	SAY TOTAL FORTY THREE (43) CTNS ONLY. CERTIFYING THAT THE GOODS ARE OF TAIWAN ORIGIN, THE NUMBER OF THIS CREDIT: DB7062LC1514223 AND THE DATE OF THIS CREDIT: 151207 AND THE NAME OF OUR BANK: COMMERCIAL BANK OF CEYLON PLC COLOMBO	vvvvvvvvvvvvvvvv	MODEL NUMBER: RW1000 STRETCH PARTNER MODEL NUMBER: SP1000			
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This certificate shall be considered null and void in case of any alteration.																
<table border="0"> <tr> <td colspan="2"> <b>Certification</b>            It is hereby certified that the goods described in this certificate originate in Taiwan         </td> </tr> <tr> <td colspan="2" style="text-align: center;"> <b>CHAMBER OF COMMERCE OF TAICHUNG CITY, TAIWAN</b> </td> </tr> <tr> <td colspan="2" style="text-align: center;">             _____            Authorized signature         </td> </tr> <tr> <td colspan="2" style="text-align: center;">           13F.-2. No.186, Sec.2, Taiwan Blvd., West District, Taichung City 403, Taiwan            Tel: 886-4-23284567 Fax: 886-4-23261093         </td> </tr> </table> <div style="text-align: right; margin-top: 10px;">  </div>		<b>Certification</b> It is hereby certified that the goods described in this certificate originate in Taiwan		<b>CHAMBER OF COMMERCE OF TAICHUNG CITY, TAIWAN</b>		 _____ Authorized signature		13F.-2. No.186, Sec.2, Taiwan Blvd., West District, Taichung City 403, Taiwan Tel: 886-4-23284567 Fax: 886-4-23261093								
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ORIGINAL

1. Exporter HEFEI BODYUP SPORTS CO., LTD. ROOM 317, NO. 1 BUILDING OF SANGXIA, INFORMATION INDUSTRY BASE, GAOXIN DISTRICT, HEFEI, CHINA		Certificate No. C163400918190001 CERTIFICATE OF ORIGIN OF THE PEOPLE'S REPUBLIC OF CHINA 033533		
2. Consignee		5. For certifying authority use only		
3. Means of transport and route FROM NANTONG PORT, CHINA TO COLOMBO, SRI LANKA BY SEA		Verification: www.chinaorigin.gov.cn		
4. Country / region of destination SRI LANKA				
6. Marks and numbers	7. Number and kind of packages; description of goods ONE THOUSAND TWO HUNDRED AND SIX (1206) PACKAGES OF FITNESS GOODS FOB NANTONG, CHINA H.S. CODE. 9506. 91	8. H.S.Code 95. 06	9. Quantity 4056KGS G.W.	10. Number and date of invoices BOP-15079 JAN. 27, 2016
11. Declaration by the exporter The undersigned hereby declares that the above details and statements are correct, that all the goods were produced in China and that they comply with the Rules of Origin of the People's Republic of China.  合肥波普运动用品有限公司 HEFEI BODYUP SPORTS CO., LTD.  Anhui, China, JAN. 27, 2016		12. Certification It is hereby certified that the declaration by the exporter is correct.  安徽 吴敏 Anhui, China, JAN. 27, 2016		

BILL No. 1601518  
 Commercial Bank of Ceylon P.L.C.  
 (Reg. No. PO 115)



AQSIQ 150831948



## **How do we select durable exercise equipment for a reasonable price?**

Even though there are many sellers of exercise equipment in Sri Lanka, it is difficult to find one who provides reliable equipment and services of value. Therefore when buying equipment for personal use or for a gym, as the buyer you may use the following methods for procuring equipment.

- 1) Visit places where exercise equipment is used and find out what brands are mostly used.
- 2) Speak to the instructors at such places and learn for yourself of the pros and cons of using such equipment.
- 3) Visit the manufacturer's website and ascertain and visit only the manufacturer's registered exclusive Agent in Sri Lanka.

## **Places in Sri Lanka where exercise equipment is frequently used.**

- Sri Lanka Cricket Board
- Sri Lanka Navy
- Sri Lanka Army
- Sri Lanka Air force
- President's house Colombo
- Prime Minister house Colombo
- All 5 star hotels in Sri Lanka
- All 4 star hotels in Sri Lanka
- All gymnasiums of top schools in Sri Lanka
- Sports Ministry
- Reputed Sport Clubs in Sri Lanka
- Olympic House
- National Athletic Association

Visit the above places and take note of what brands are used the most. Thereafter, find the Brand's exclusive Agent in Sri Lanka via the Brand's website.

The most popular brands of exercise equipment  
from around the world.

Life Fitness - [www.lifefitness.com](http://www.lifefitness.com)



Precor - [www.precor.com](http://www.precor.com)



Technogym - [www.technogym.com](http://www.technogym.com)



**The Wellness Company**

Stratec - [www.stratec.com](http://www.stratec.com)



expect different®.



Cyber

- [www.cybexintl.com](http://www.cybexintl.com)



True Fitness

- [www.truefitness.com](http://www.truefitness.com)



Matrix

- [www.matrixfitness.com](http://www.matrixfitness.com)



STRONG. SMART. BEAUTIFUL.

Body Solid

- [www.bodysolid.com](http://www.bodysolid.com)



## Are they qualified to sell fitness equipment?



When one sells exercise equipment to a customer, it is essential that the seller has complete knowledge and understanding on the usage of such equipment.

For example, if one was to sell a Treadmill, he should first of all have enough experience using one. It is only then that he can advise a customer on it's usage.

## Can a smoker or a drunkard be a fitness goods seller?



Furthermore, there are also instances where, even people who drink alcohol and smoke cigarettes daily are seen selling exercise equipment.

A lifestyle which consists of daily habitual drinking and smoking is not conducive to the purpose of keeping oneself fit and healthy nor is it suitable to the lifestyle expected of someone selling fitness equipment.

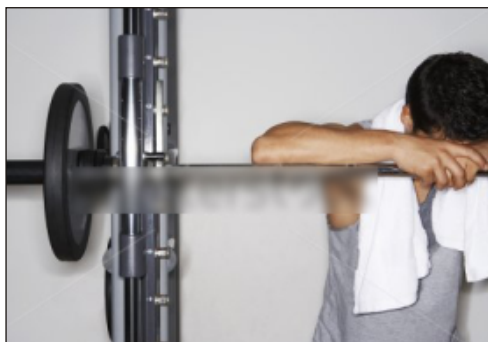
As consumers we should keep in mind that we should not consult such people for fitness advice nor purchase fitness equipment from such people who engage themselves in such self destructive activities since such people have no idea about what is good and bad for their bodies, thus partaking in such vices.

Blackened lips and faces, yellow teeth and a constant smell of cigarettes emanating from their mouths are good indications of such people.

## Why do we feel lethargic towards exercise?

Even though most of us like exercising only a few manage to do so continuously. In most cases, they start their exercising routine with enthusiasm, only to lose their enthusiasm during a short period of time. This is due to the following reasons.

### 01. The lack of an environment and equipment.



Regardless of however much our need to walk may be, if we don't have a suitable environment (such as an open field or an empty road) around us to do so, or our equipment breaks down and is unusable, then our exercise routine would come to an end.

### 02. Addiction to alcohol and smoking.



Let alone exercising, it's difficult to get about one's daily chores and commitments after a night of drinking. Your body may even experience pain the day after. This gets in the way of the continuity of our exercise routines. When you exercise without this continuity our muscles

experience pain every time you exercise and this tends to put people off from exercise altogether.

### 03. Breaking Rest



Breaking rest and not getting adequate sleep leaves your body drained, lethargic, and unable to perform physical exercises the following day.

### 04. Mental Unrest/Fatigue



When our minds are cluttered with problems we are unable to bring ourselves to the mental commitment required for performing physical exercises.

## Body Mass Index (BMI)

Humans come in different shapes and sizes, each of us differing from one another in height and weight. But how do we know if our weight is proportionately suitable for our height?

Even though there are several ways to find out, the most common one used in medical science is by calculating The Body Mass Index (BMI). This calculation is made by taking our weight (in Kg) and our height (in meters) and then dividing our weight by the square root of our weight as shown below

$$\text{Body Mass Index} = \frac{\text{Your Weight (kg)}}{\text{Your Height (m)}^2}$$

If your BMI is between 18.5 – 24.9 your weight is normal/average. However, anything above 24.9 is considered overweight while anything below 18.9 would mean you are underweight.

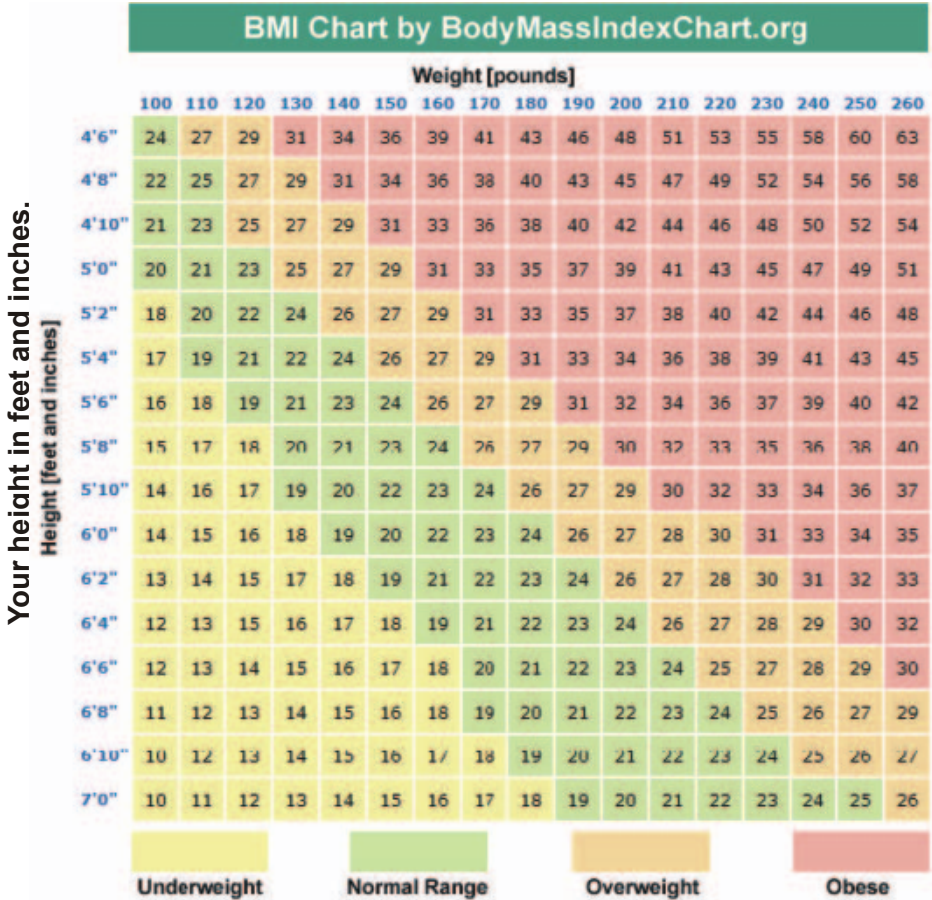
The calculation shown above is if you know your height and weight in meters and kilograms. However, it is possible to calculate your BMI in pounds, inches and feet in the manner shown below.

## Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Mass(kg)}}{\text{Height (m)}^2} = \frac{\text{Mass lbs.}}{\text{Height (Inches)}^2} \times 703 = \frac{\text{Mass x lbs x 4.88}}{\text{Height (Feet)}^2}$$

If you are unable to calculate your BMI accurately you may use the graph below to do so.

### Your weight in pounds



# Target Heart Rates

How do you get your heart rate on target?

**When you work out, are you doing too much or not enough?**

There's a simple way to know: Your heart rate helps you hit the bull's eye. We don't want people to over-exercise, and the other extreme is not getting enough exercise.



## First Things First

Before you learn how to calculate and monitor your target training heart rate, you have to know your resting heart rate. Your resting heart rate is the number of times your heart beats per minute while it's at rest.

It's best to check it in the morning after you've had a good night's sleep and before you get out of bed. The average resting heart rate is 60-80 beats per minute, but it's usually lower for physically fit people. It also rises with age.

## Hittin' the Target

Now you're ready to determine your target training heart rate. As you exercise, periodically:

- Take your pulse on the inside of your wrist, on the thumb side.
- Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
- Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent to 85 percent of your maximum heart rate. This range is your target heart rate.



Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

### So what's in a number?

If your target heart rate is too high, you're straining. So slow down. If it's too low, and the intensity feels "light" or "moderate/brisk," push yourself to exercise a little harder. During the first few weeks of working out, aim for the lowest part of your target zone (50 percent). Then, gradually build up to the higher part (85 percent). After six months or more, **you may be able to exercise comfortably at up to 85 percent of your maximum heart rate.** But you don't have to exercise that hard to stay in shape.

If you have a heart condition or you're in cardiac rehab, talk to a healthcare professional about what exercises you can engage in, what your target heart rate should be and whether you need to be monitored during physical activity. This will also help you to choose the types of physical activity that are appropriate for your current fitness level and health goals, because some activities are safer than others.

**Important Note:** A few high blood pressure medications lower the maximum heart rate and thus the target zone rate. If you're taking such medicine, call your physician to find out if you need to use a lower target heart rate.

# Most useful fitness equipment for a commercial gym



Treadmill



Elliptical  
Cross-Trainer



Recumbent



Upright



Adjustable Cable Crossover



Indoor Cycle



Seated Leg Press



Linear Leg Press



Shoulder Press



Seated Leg Curl



Pectoral Fly/Rear Deltoid



Olympic Bench



Multi-Adjustable Bench



Dumbbells with XRACK



Power Rack



Adjustable Decline/  
Abdominal Bench



Chin/Dip/Leg Raise



Flat Bench



Oval Weight Storage Tree

## A Guide to Eating Healthy



01. When you wake up in the morning, before eating any meals get into the practice of drinking about a liter of water
02. Always eat 3 meals daily consisting of a balanced diet.
03. Refrain from sleeping until at least two hours have passed from the time of your last meal. Most of us resort to eating dinner late and heading to bed almost immediately, thereby giving our bodies no time to effectively digest our food. As a result our bodies immediately convert the food into fat for storage resulting unnecessary weight gain.
04. Most housewives get into the habit of sleeping immediately after lunch leading to weight problems at earlier stages of their lives.
05. Get used to eating your dinner early. If we get accustomed to eating our dinner by 7.30pm we give our bodies adequate time to digest the food before we go to sleep. You should also remember that a major controlling factor of our weight is what we have for dinner. Even if we don't go to sleep immediately after dinner or we sit watching TV, we are still not allowing our bodies to digest food as it should.
06. Another beneficial habit that we must try to incorporate in our lives is to habitually avoid fast food. Fast food prepared in restaurants is tasty and difficult to say no to, however, we must resist.
07. Regardless of the consumer's age, there is a consistent demand for fast food in the market. As a result Fast food manufactures whether they be local or foreign gain vast amounts of profits.

08. However, this form of food is extremely unhealthy and also proven to cause ailments such as gastritis cholesterol and diabetes.
09. It is also important to note here that most ailments that befall us after the ages of 50 such as high blood pressure, diabetes, cholesterol and Gastritis etc. are the results of the food we eat during our youth and middle ages.
10. Today most women as a resort to gaining weight would skip meals or reduce the amount they eat. Some even go far as skipping dinner entirely. They believe that “dieting” in this manner they stand to lose weight faster. Dieting has become very much a part of modern culture while a dietitian's services amount to be quite an expensive affair.

Dieting in such ways as they seem fit, or on a dietician's advice by depriving your body of food. Do you know of the harm you have exposed your body to?

1. Weakening of bones
2. Discoloring and degradation of finger nails
3. Weakening of teeth
4. Degrading eye sight
5. Wrinkling of skin
6. Drops the body's immunity levels
7. Drops in levels of stamina and endurance

— A note from the author —



Finally, I would like to say to the reader that what I aim to achieve through this text is not to promote the sale of exercise equipment, nor to influence the reading into engaging in more physical exercise, but rather to highlight the fact that in the past our bodies were subjected to more physical exertion and exercise and that the same cannot be said about today. Having said that however, it is noteworthy to appreciate the fact that a majority of people today show a keen interest in engaging in physical exercises.

I have strived to introduce to the reader, modern exercise equipment, explain how they work, and to explain how these machines help us to substitute forms of exercise that were naturally a part of our lifestyles in the past. However, I urge the reader to engage in whatever forms of exercise as possible, this may be done in the form of walking in the outdoors, running, walking on the road (walking or running on roads which expose you to smoke and air pollution is harmful as it may lead to respiratory related illnesses), engaging in sports, using exercise equipment, or going to a gym. To say that one engages in at least one of the above activities is to say that one is a practitioner of a healthy lifestyle.

As a word of advice to those who have not made exercise a part of their daily lives, I urge them to do so immediately by engaging themselves in one or more of the above mentioned exercise routines.

With regard to this text, I urge the reader to submit to me any complaints, suggestions, opinions and criticism as you may find appropriate.

\_\_\_\_\_ May the blessings of the Holy Triple Gem be with you! \_\_\_\_\_

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