



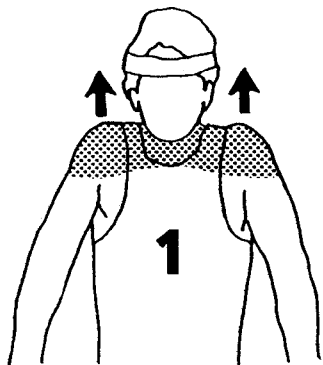
အားကစားကိရိယာအသုံးပြု

မလ္လာကိရိယာ ၁၂၃ အစွဲကိရိယာ ၁ စီမံကိရိယာ ၁၂၃ စီမံကိရိယာ ၁၂၃ ၄၅၆၇
အားကစားကိရိယာအသုံးပြု : ၀၄၃-၈၃၂၁၄၀ , ၀၈-၆၇၁၅၅၆၇ , ၀၈-၇၂၂၈၂၂၅၄

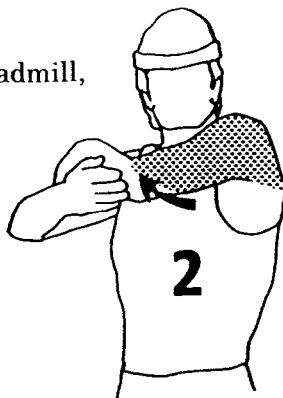
Before and After Weight Training

Approximately 7 Minutes

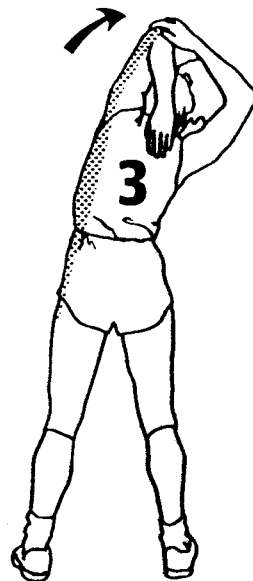
Warm up by using a stationary bike or treadmill, etc., for 3-5 minutes before stretching.



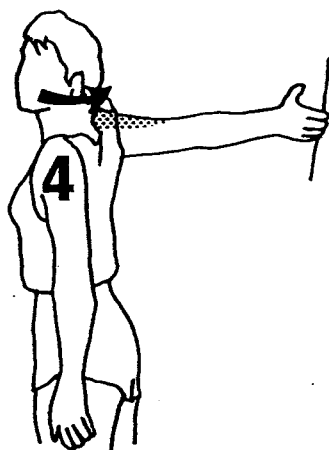
5 seconds
2 times



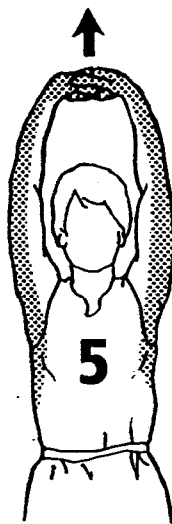
10 seconds
each arm



8-10 seconds
each side



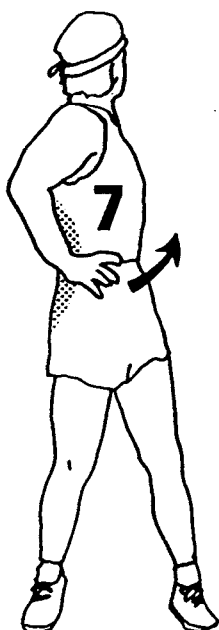
10 seconds
each arm



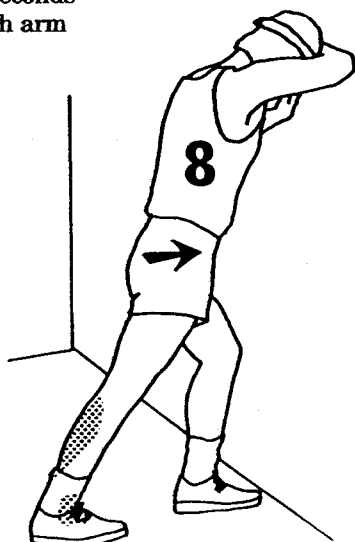
15 seconds



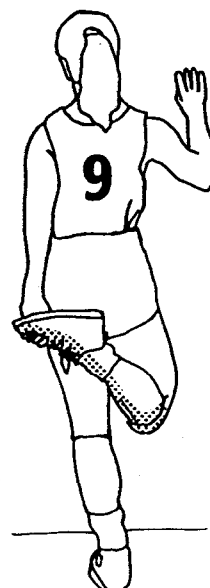
10 seconds



10 seconds
each side



15 seconds
each leg



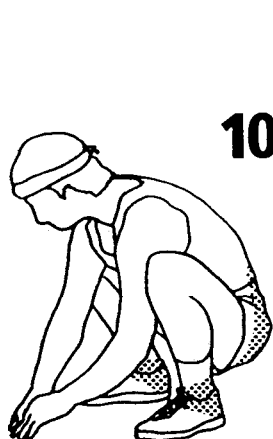
10-15 seconds
each leg



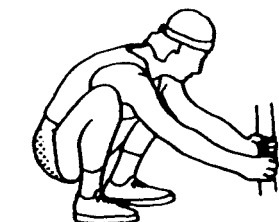
វគ្គបណ្តុះបណ្តាលកីឡាបាល់ទាត់

គណៈកម្មាធិការជាតិកីឡាបាល់ទាត់ ខ្សែអាសយដ្ឋាន ១២១ ផ្លូវលេខ ១ ភ្នំពេញ ខ្សែអាសយដ្ឋាន ១២១ ផ្លូវលេខ ១ ភ្នំពេញ ខ្សែអាសយដ្ឋាន ១២១ ផ្លូវលេខ ១ ភ្នំពេញ

លេខទូរស័ព្ទ : ០៤៣-៨៣២១៤០ , ០៨-៦៧១៥៤៦៧ , ០៨-៧២២៨២២៥៤

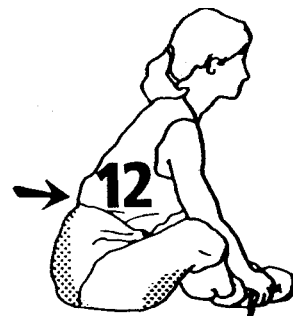


10



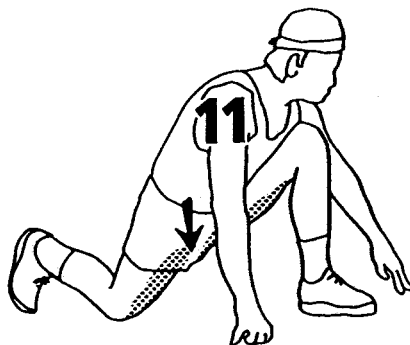
10-15 seconds

Stretch between sets to promote "active rest" and to keep your circulation moving.



12

10-15 seconds



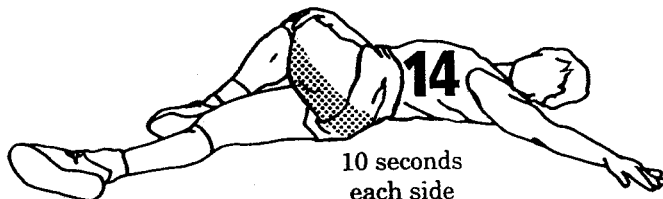
11

15-20 seconds each leg



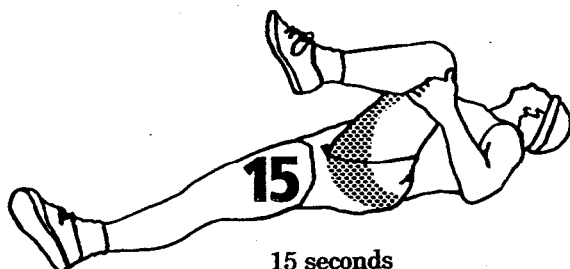
13

3-5 seconds 2 times



14

10 seconds each side



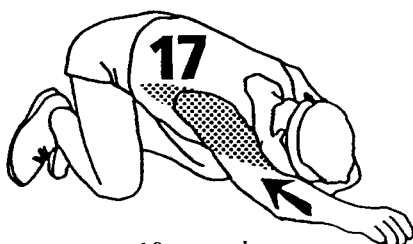
15

15 seconds each leg



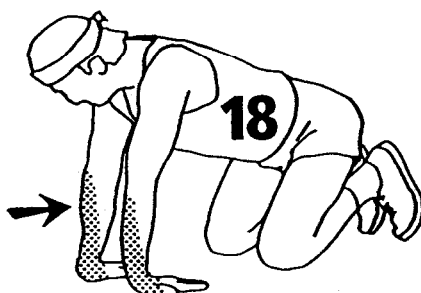
16

10-15 seconds each leg



17

10 seconds each arm



18

15 seconds

Short on time? Do this mini-routine: 1, 3, 5, 6, 7, 8, 9, 11 Approx. 3 minutes



វគ្គអភិវឌ្ឍន៍កីឡាបាល់ទាត់

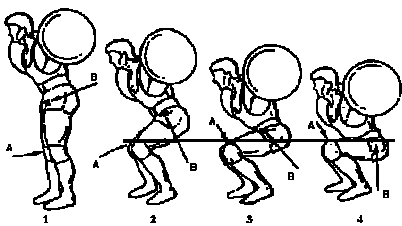
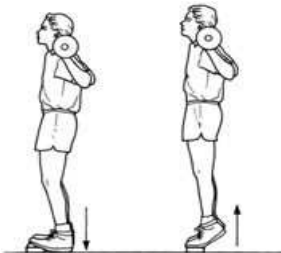
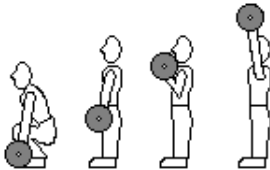
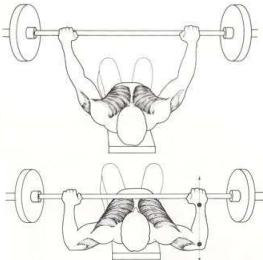

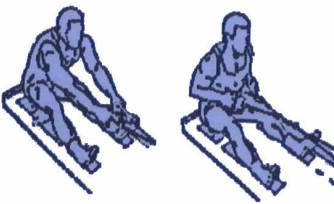



សាលាទី ១ ឆ្នាំ ១៩៧៧ ភ្នំពេញ ខ្នងផ្លូវលេខ ១១៧ ភូមិស្រីស្រី ខណ្ឌស្រីស្រី រាជធានីភ្នំពេញ ៤៥១១០

លេខទូរស័ព្ទ : ០៤៣-៨៣២១៤០ , ០៨-៦៧១៥១៦៧ , ០៨-៧២២៨២២៥៤

Weight Training

1. Half Squat *
2. Heel Raise *
3. Clean And Press *
4. Dumbbell Bench Press
5. Walk Lunge
6. Seated Row
7. Leg Extension
8. Leg Curl
9. Dumbbell Pullover
10. Ball(Sit-up , Back-up , Twist , ...)



 <p style="text-align: center;">Half Squat</p>	 <p style="text-align: center;">Heel Raise</p>	 <p style="text-align: center;">Clean And Press</p>
 <p style="text-align: center;">Bench Press</p>	 <p style="text-align: center;">Walk Lunge</p>	 <p style="text-align: center;">Seated Row</p>
 <p style="text-align: center;">Leg Extension</p>	 <p style="text-align: center;">Leg Curl</p>	 <p style="text-align: center;">Pullover</p>