



樂齡運動指導員



B+C級體適能
健身指導員



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運動營養師



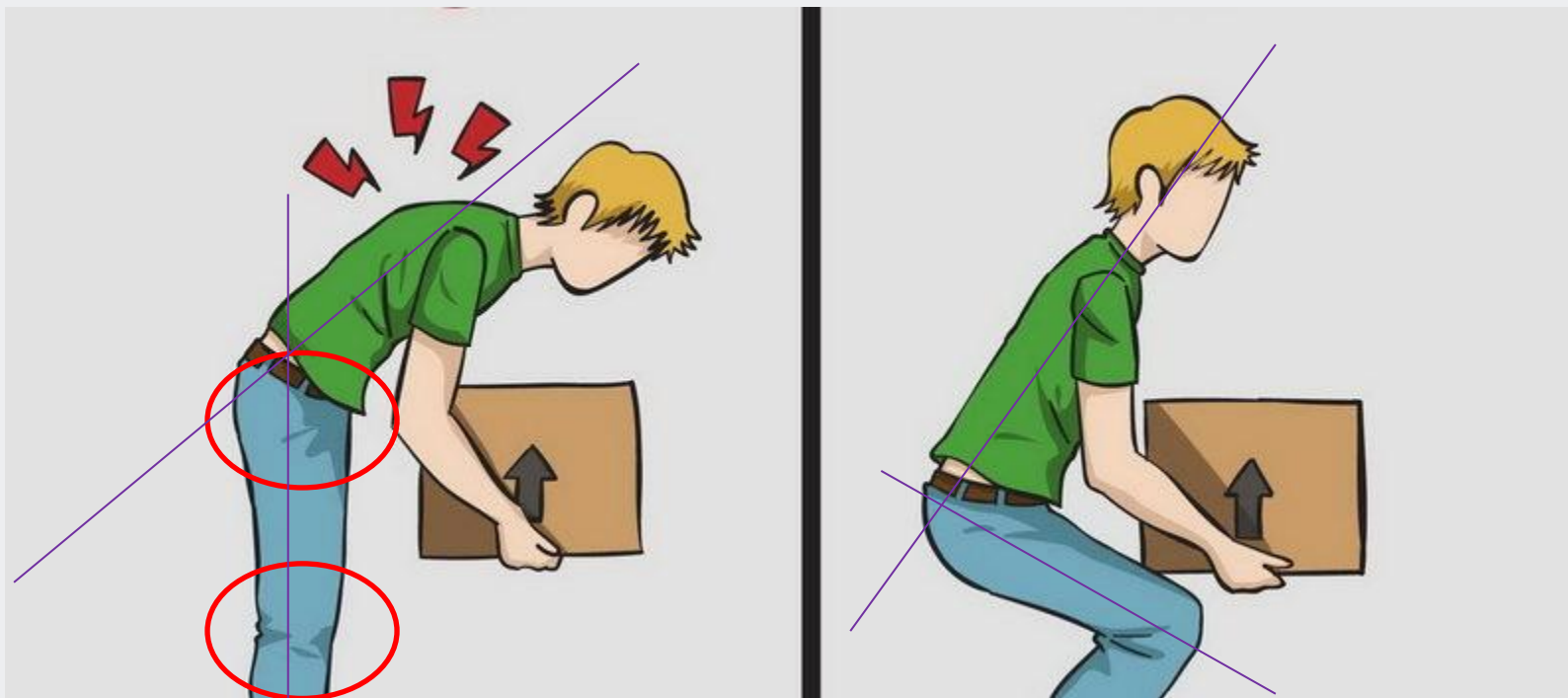
IPTFA健身
指導員

廚務工作前後 肌力訓練及伸展

運動營養師 邱子恩

彎腰搬重





彎腰搬物會傷害脊椎



兩腳張開 蹲下→扶好貨品→眼睛向前看 起身

正確搬運4步驟



推餐車



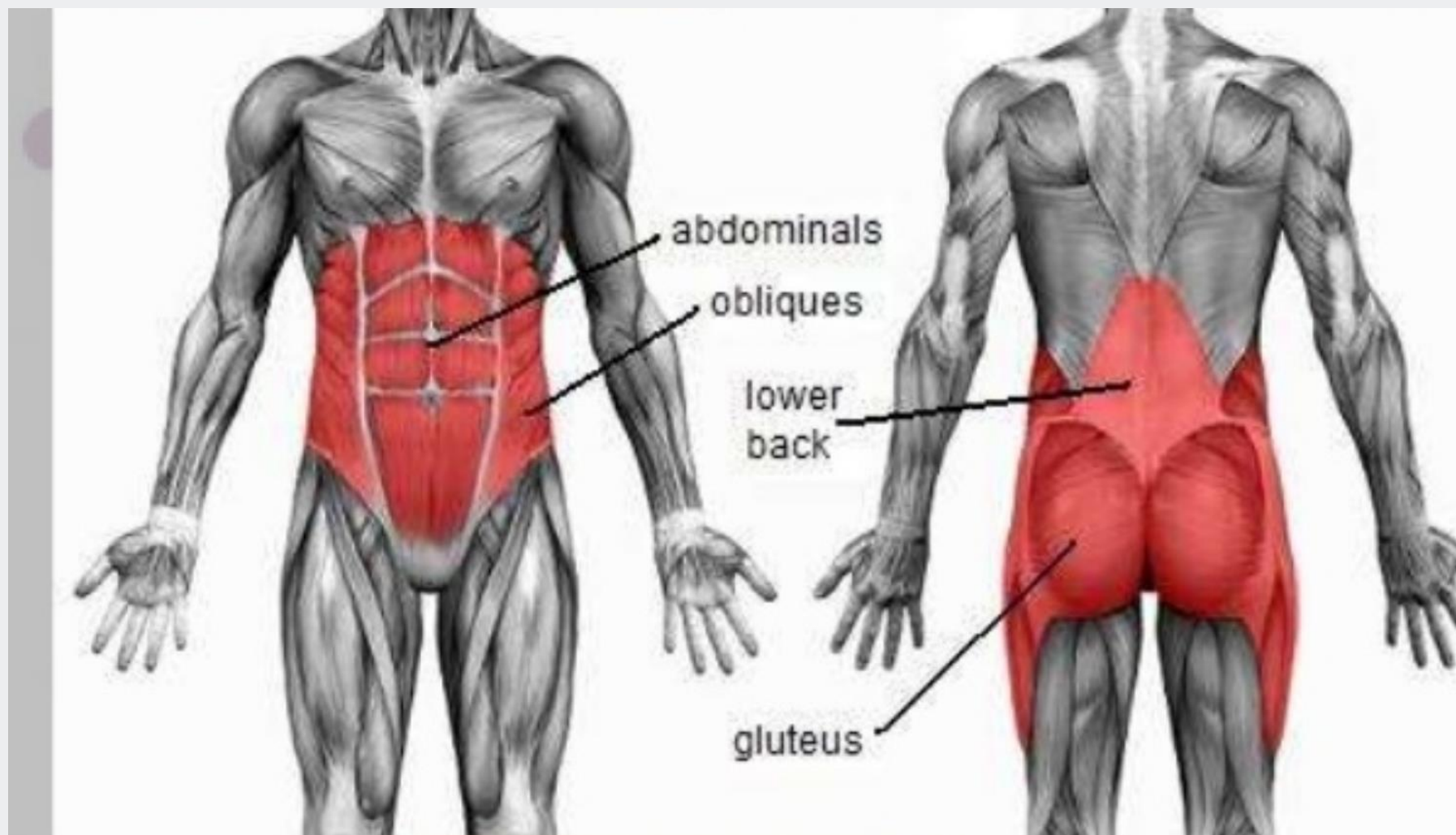
正確的姿勢

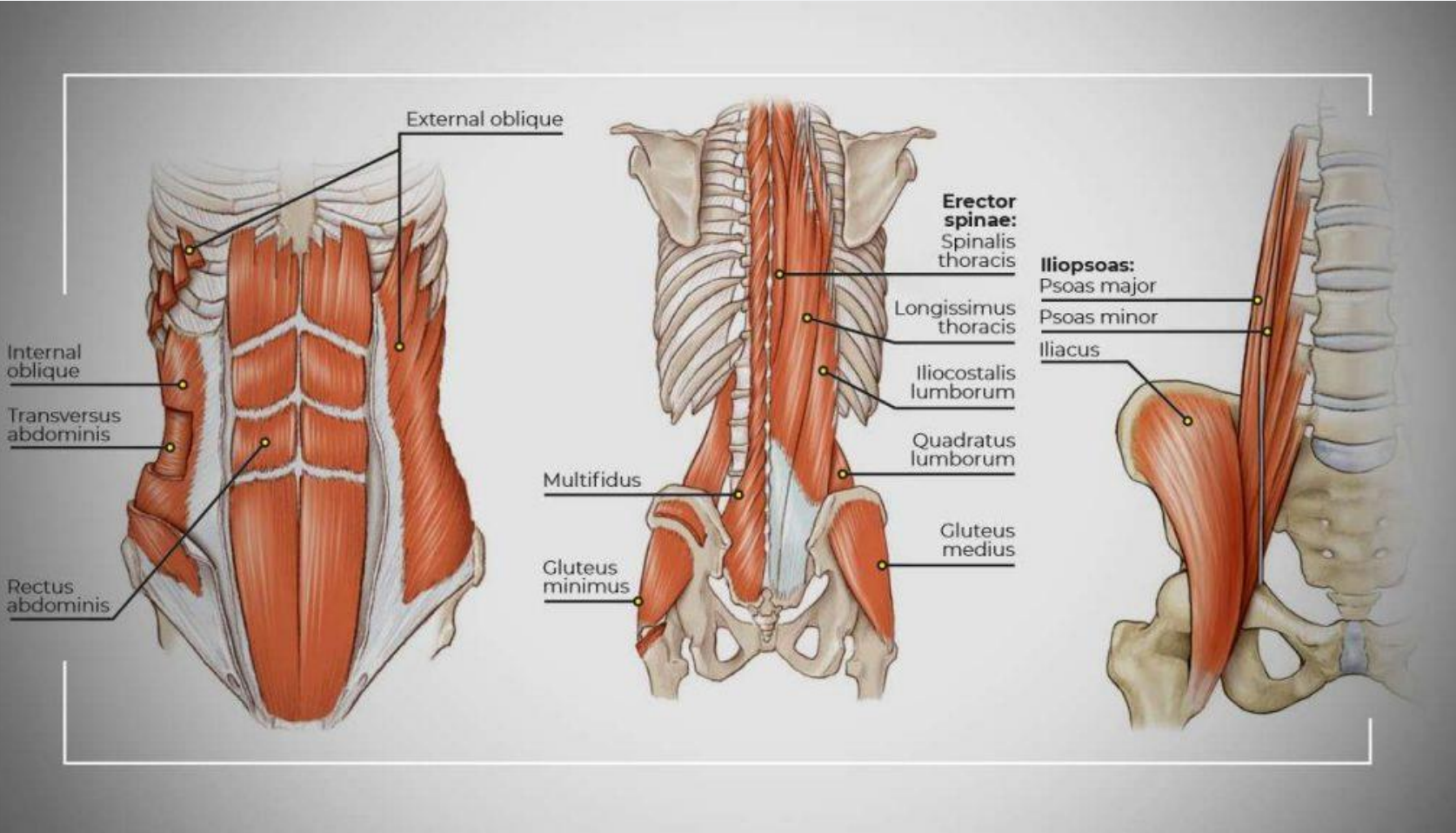


來吧！一起鍛鍊！

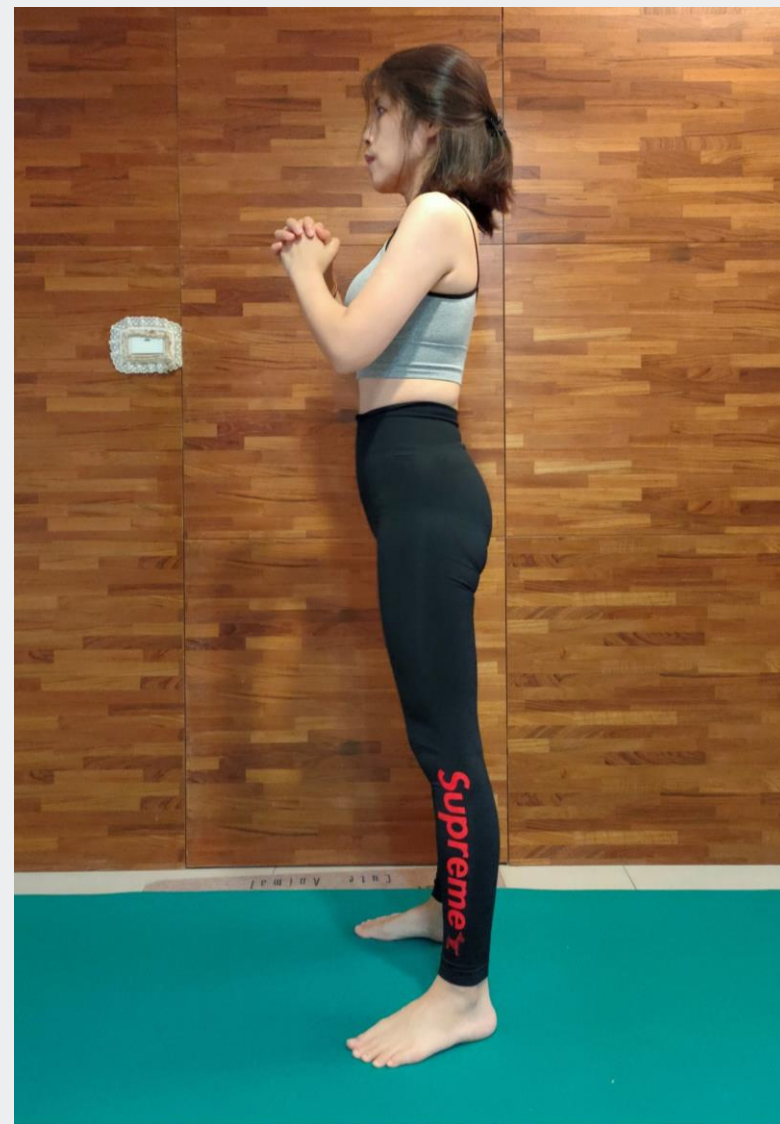
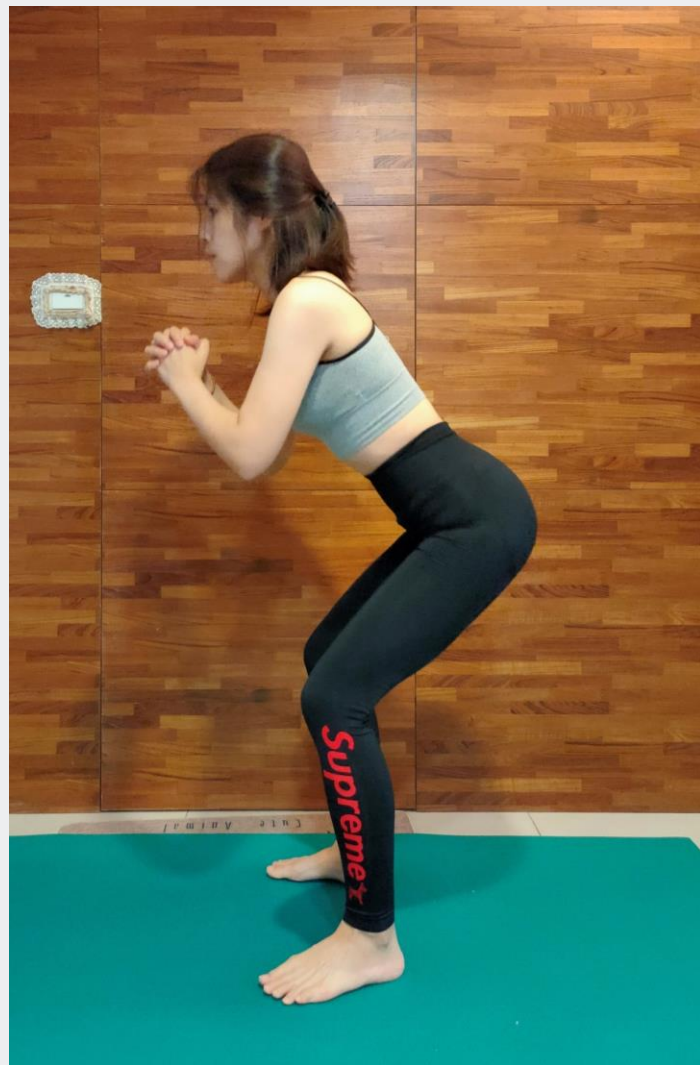


核心肌群：圍繞著脊椎和骨盆腔的肌肉

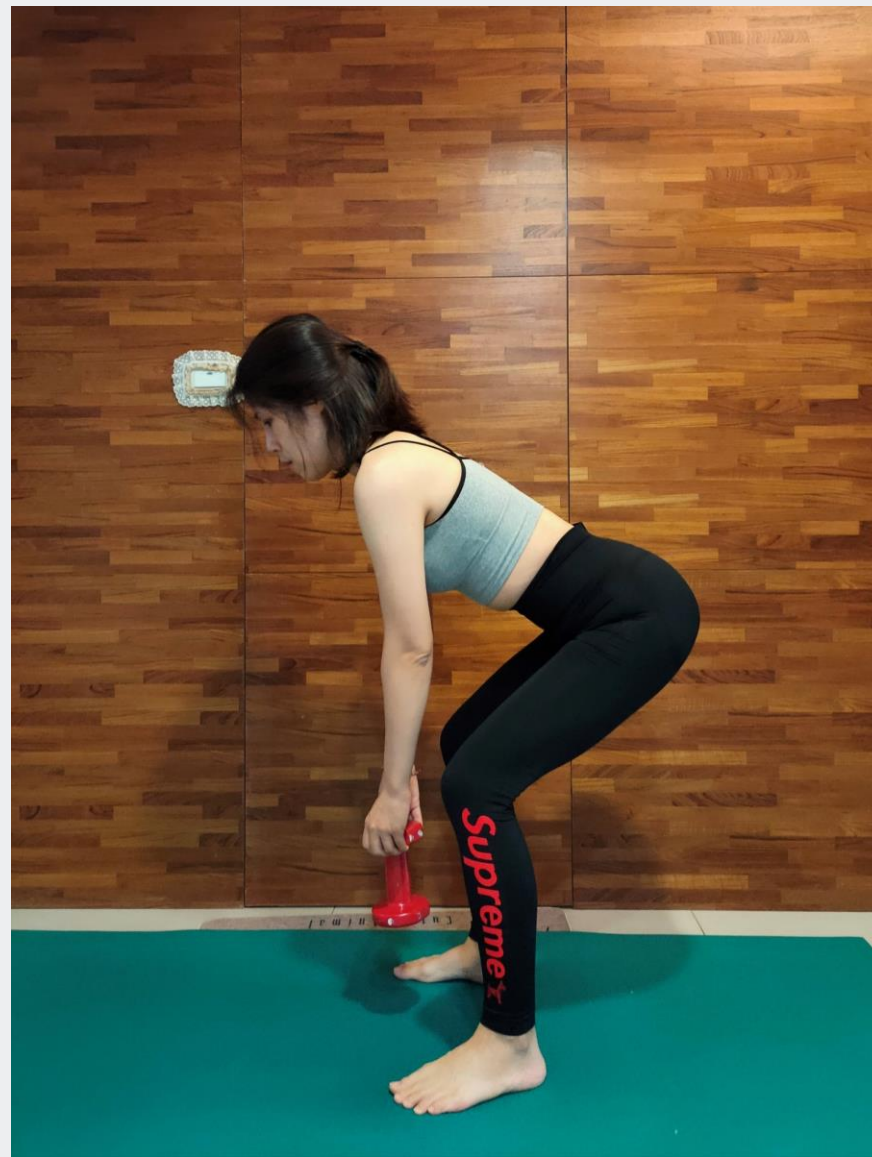
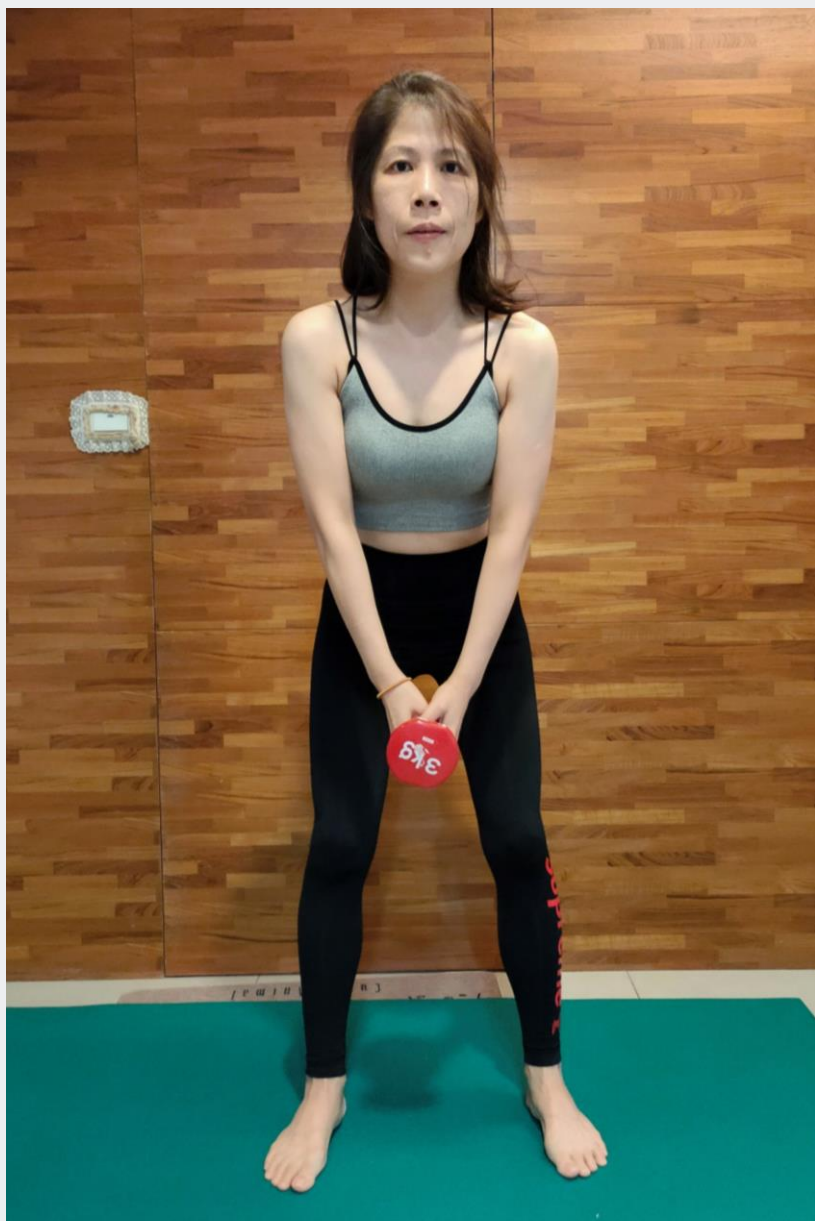


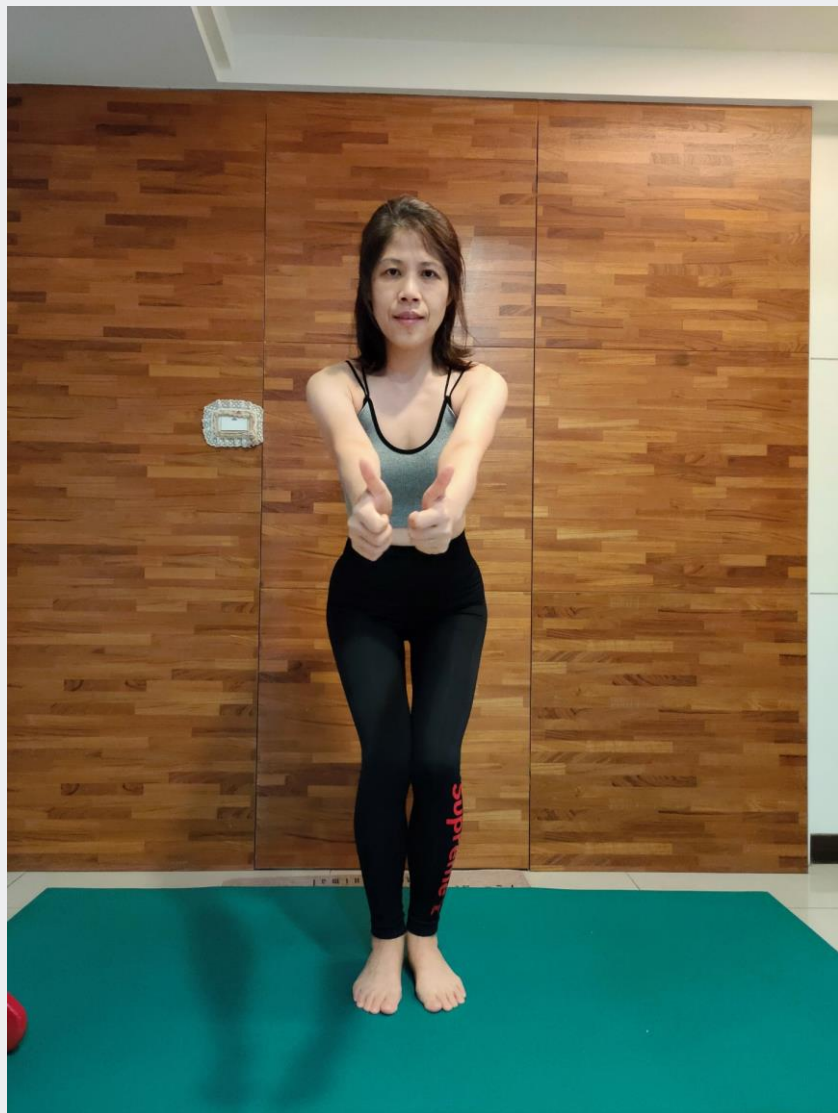


深蹲



壺鈴深蹲





雙腳併攏

腳尖朝外

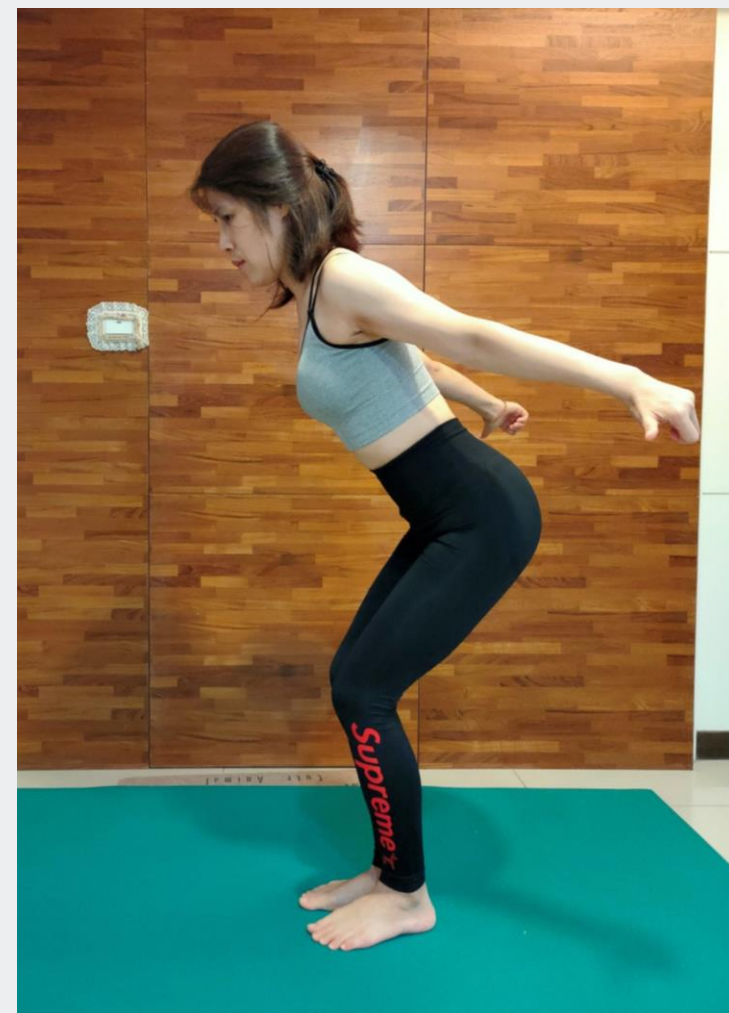
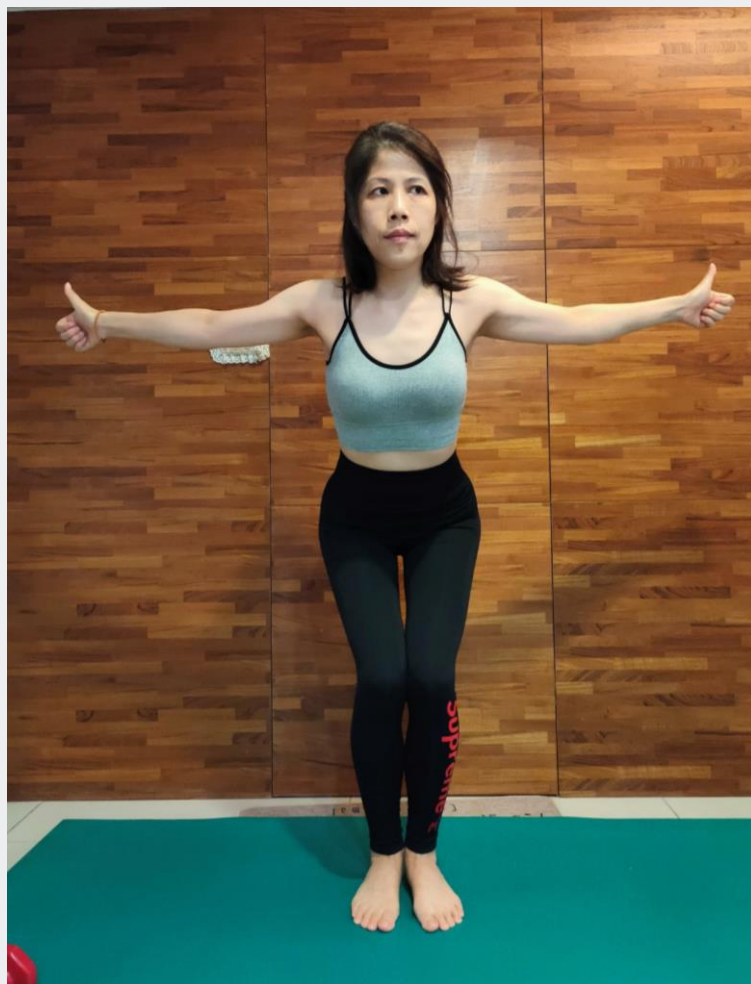
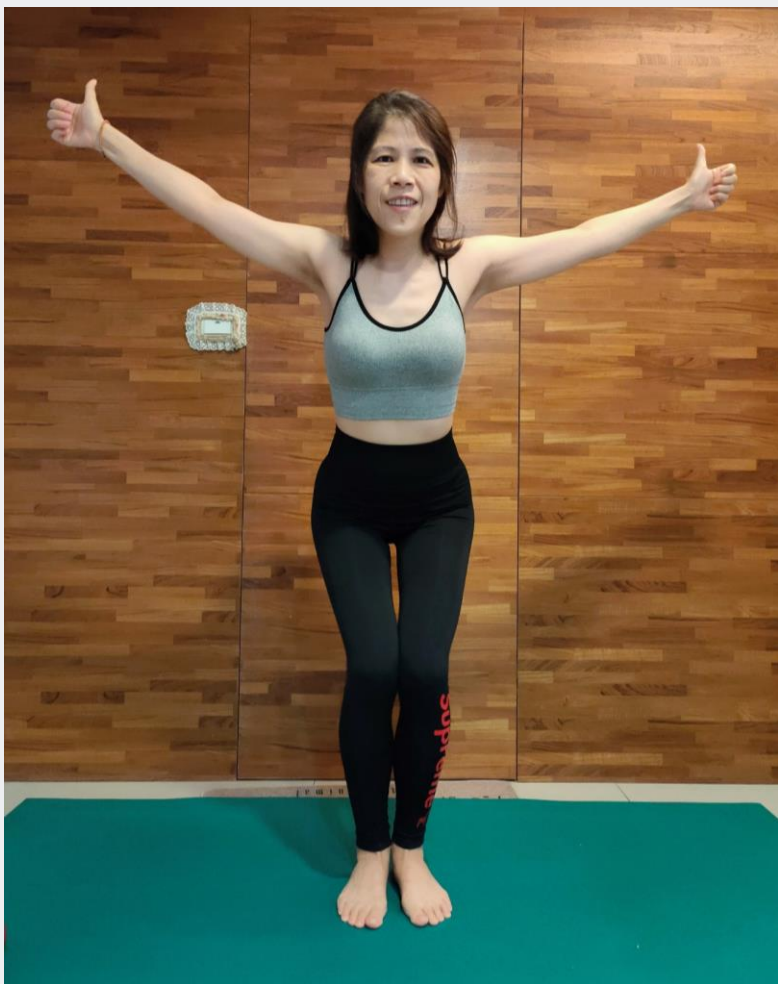
屁股下蹲

雙手握拳

比讚



深蹲YTV 姿勢動作



伸展運動好處多

放鬆肌肉 舒緩肌肉緊繃

靈活動作 增加身體協調性

減少抽筋 保持身體柔軟度

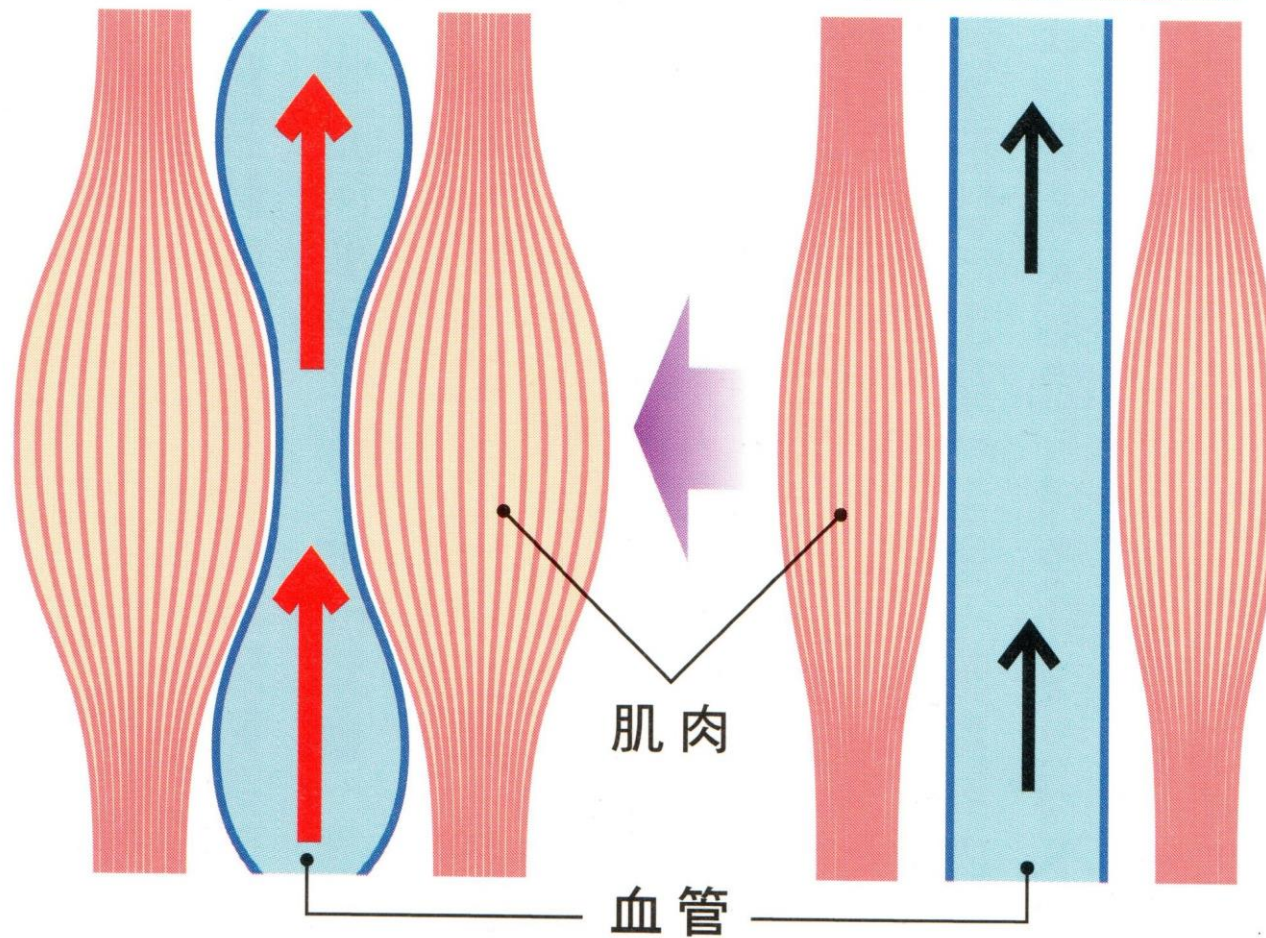
優美線條 肌肉更加緊緻

感覺很棒 滿足自我



肌肉收縮時

肌肉舒張時

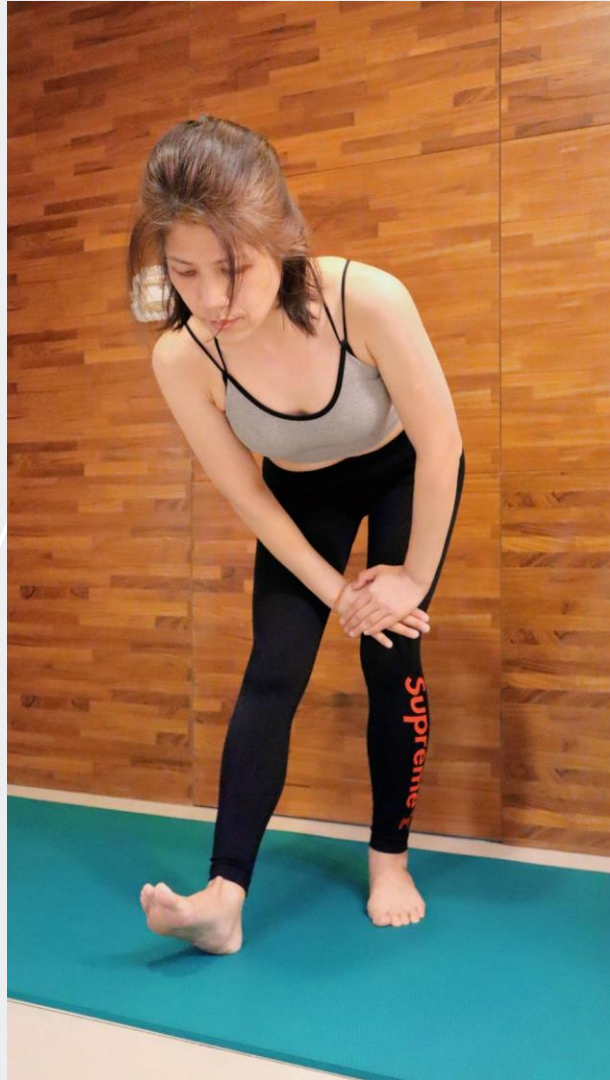


全身舒展 準備開始....



- 預備動作
- 保持呼吸

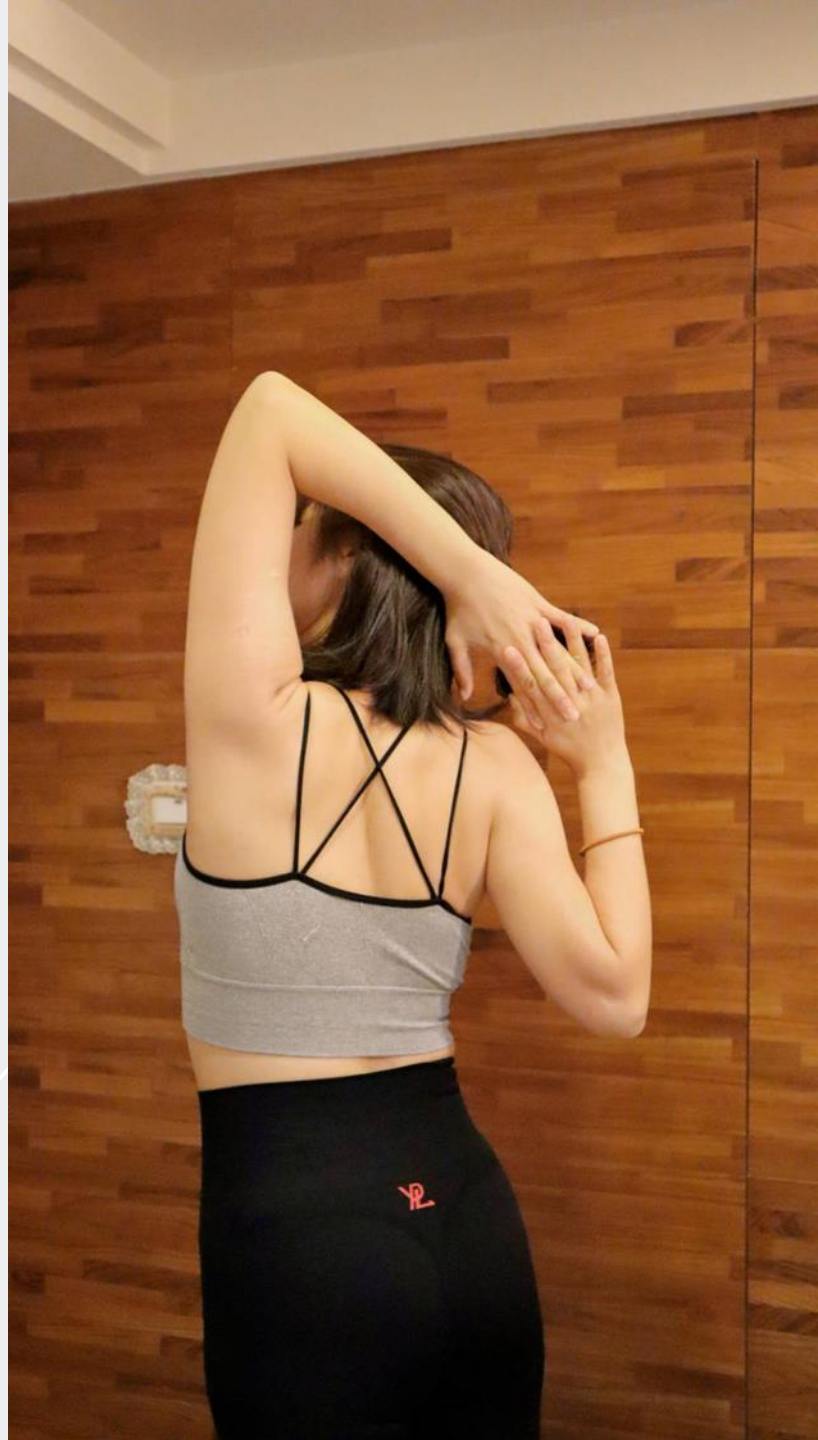


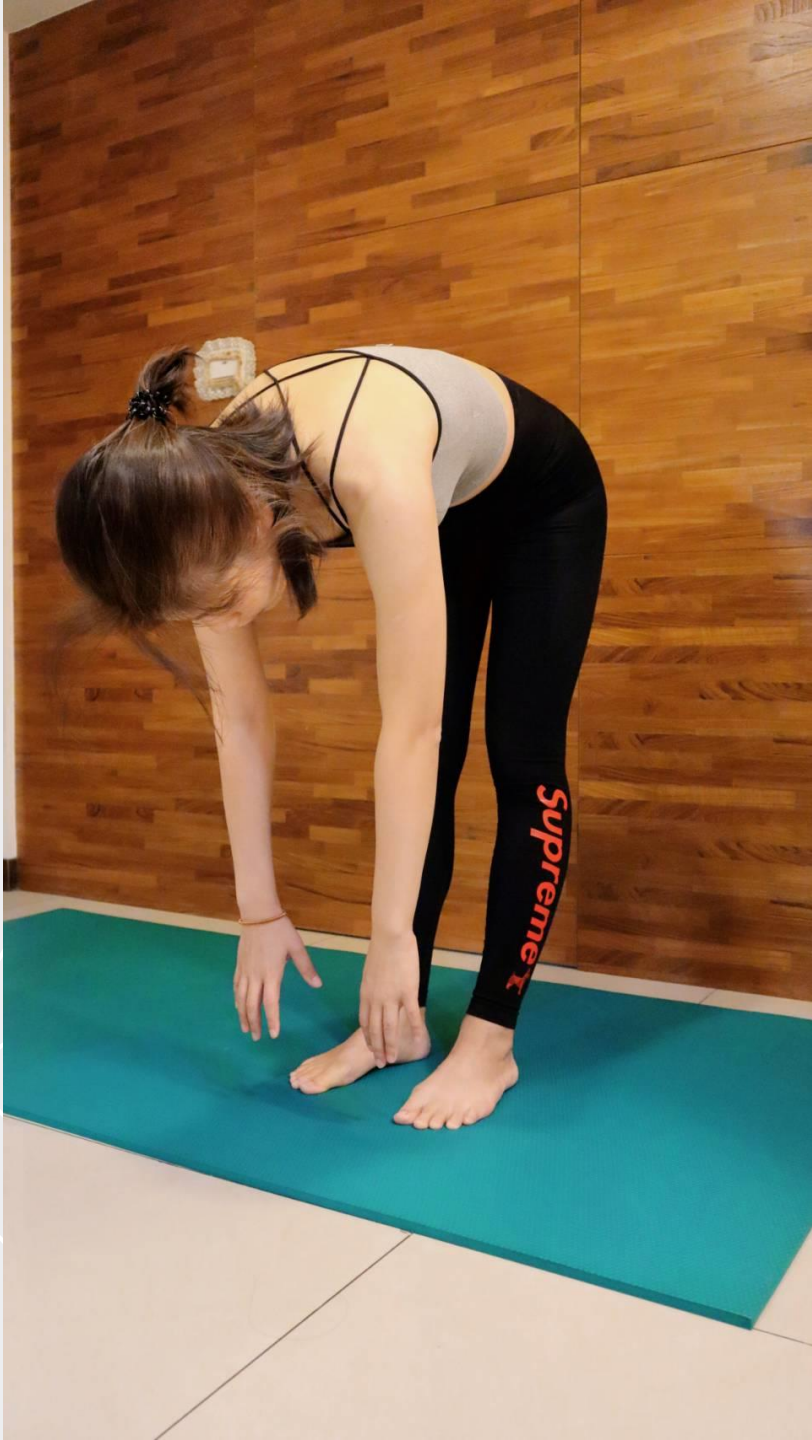


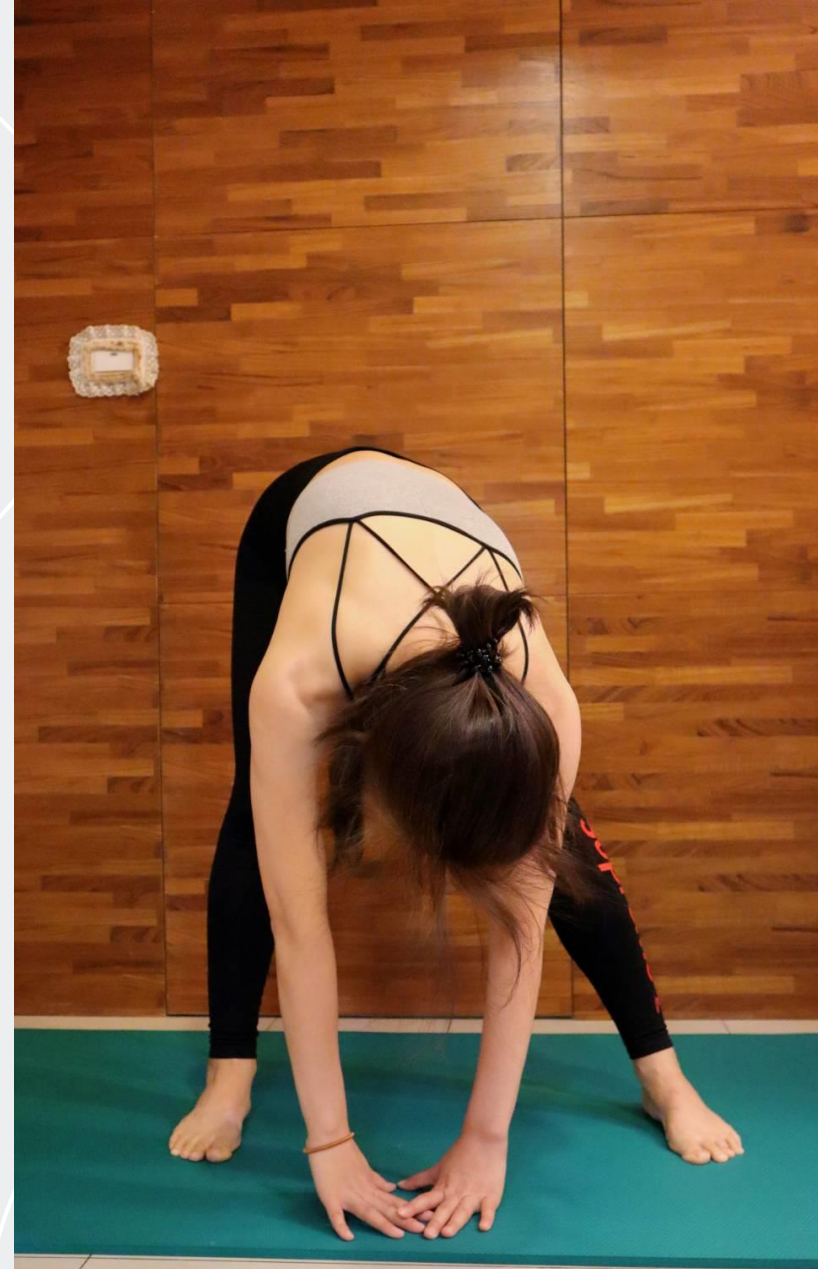
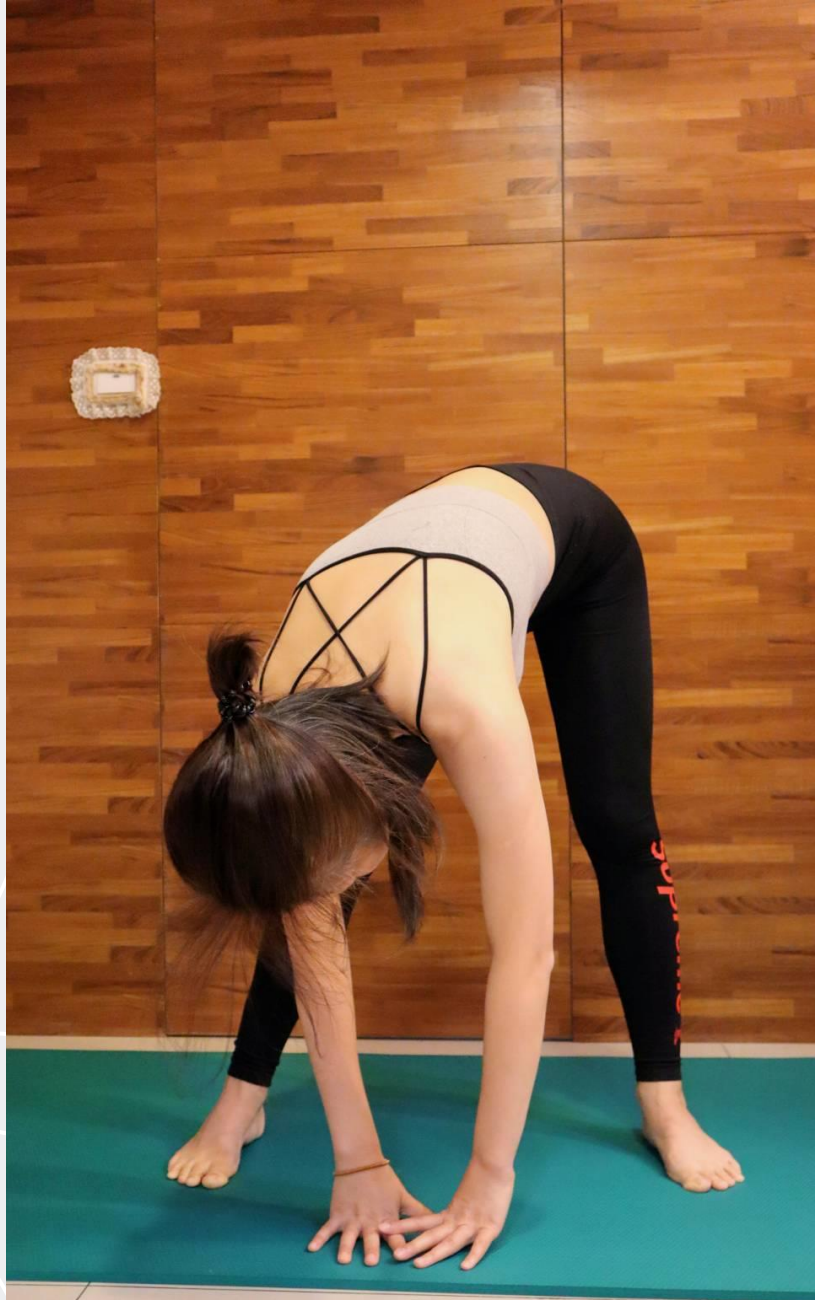


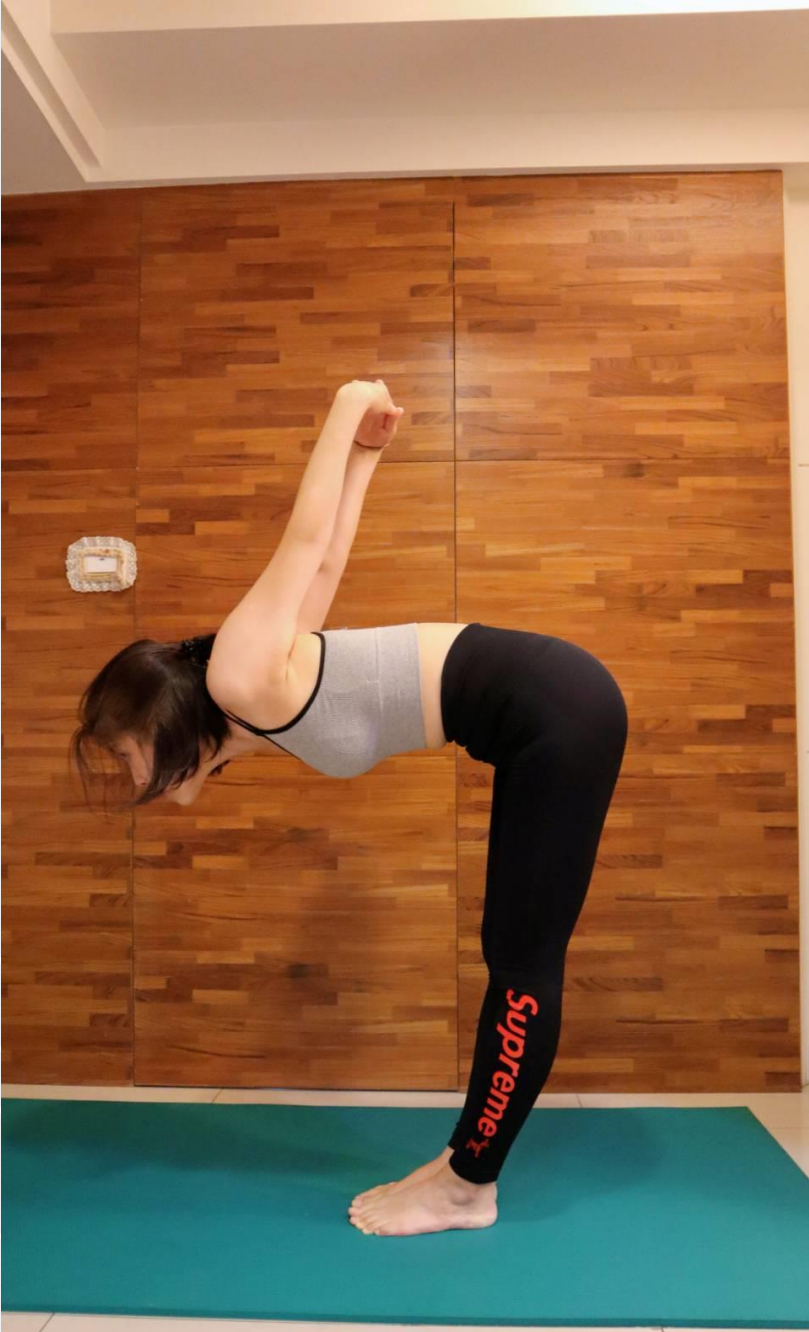




















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