

Day-7	Youtube link/ Document link	Topic	Description
	https://youtu.be/Rb2h04gH9C8	Low resistance, medium resistance, sagittal plane low intensity with low to zero resistance training.	<p>Today's practice aims for improving respiratory function, capillary density for lean muscle. Low resistance, medium resistance, sagittal plane low intensity with low to zero resistance training. Please practice while watching video, and you will experience enormous lightness in body.</p> <p>Now it will be better to not develop any oxidative stress by doing high intensity exercises. The weight of your body parts is enough to build medium resistance. With higher weights we build tight muscles and bulk muscles, those are not good. These fast twitch muscles, 2A and 2B muscles, it is anaerobic (without oxygen). The slow twitch muscles are what we need because it is what works normally while we work every day. So we need to work on these muscles. Type 1A and 1B muscles, these are aerobic (presence of oxygen), lean muscles and our source of energy becomes infinite. NEVER LIFT MORE THAN YOUR OWN WEIGHT. Even in yoga we rarely lift our whole body weight. Too much bulk muscle will lead to increase emotions and makes one narrow minded. Even with intense yoga though muscles are lean but the body is very tight, which is still not good, because there is no balance. Progressive load method in yoga to be increase gradually. Yoga is to do systematically. In the video, clear demo given on what is eccentric, concentric and isometric contraction. Our job is only with the eccentric, where there is maximum stretch of the muscle cells → their cell membranes ruptures → leads to maximum release of stem cells and fibroblast cells →Maximum release of stem cells → maximum capillaries →Maximum capillary density → more lean muscle → more nuclei →less oxygen consumption→ and results in boosting the immunity. If the nuclei are parallel then its bulk muscle and are linear in lean muscles.</p> <p>The number of capillaries per unit volume are highest in the heart, heart consumes less oxygen, and its being most efficient organ consumes only 7% oxygen and is constantly beating. The brain is static but consumes 20% oxygen, liver consumes about 27%.</p>