

BACK/CORE

6:00am

Dec 19

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
1 CHINUPS	— 15	— 11	— 9	— 8	— 8
2 CABLE ROW	70 12	70 12	70 9	60 9	50 8
3 BARBELL ROW (WIDE GRIP)	145 10	145 10	145 9	WEIGHT REPS	WEIGHT REPS
4 DUMBBELL ROW	55 10/10	55 10/10	55 8/7	WEIGHT REPS	WEIGHT REPS
5 HAMMERCHIN	— 13	— 8	— 4	WEIGHT REPS	WEIGHT REPS
6 LEG RAISE	— 20	— 20	— 20	WEIGHT REPS	WEIGHT REPS
7 DECLINE SITUP	45 12	45 10	45 10	WEIGHT REPS	WEIGHT REPS
8 SWISS BALL CRUNCH	— 15	— 14	— 15	WEIGHT REPS	WEIGHT REPS
9 CRUNCH MACHINE	90 10	90 8	90 8	WEIGHT REPS	WEIGHT REPS
10 WIPERS	— 40	— 40	— 40	WEIGHT REPS	WEIGHT REPS

My Workout Mini Journal

Elaine Magee

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

My Workout Mini Journal:

Give Me Your Hand- Managing Your Anxiety 90 Day Journal Si Lackie,2024-04-24 This journal offers a safe space for you to explore your thoughts emotions and experiences growth over 90 days By dedicating time each day to reflect and engage with the prompts and pages provided you will improve your understanding and coping mechanisms for anxiety leading to a greater sense of stability and harmony Remember this journey is about progress not perfection Take it one day at a time and acknowledge that with every page you turn you are moving towards becoming a better and happier you **101**

Exercises for the Soul Bernie S. Siegel,2005 The author offers one hundred exercises for improving the health of the soul showing readers how to overcome obstacles create a positive mental attitude and foster empowerment *Weight Loss Confidential Journal* Anne M. Fletcher,2008 *Weight Loss Confidential Journal* is two things in one It s a roomy journal where you can write down what you eat how much you exercise and how you feel as you start to make changes in your life It s also a personal trainer filled with advice from other teens who lost weight as much as 50 to 100 pounds You ll get hundreds of tips like how to start exercising when you don t want to and how to stop yourself from overeating The journal gives you tons of ideas for good for you munchies and super quick meals that teens like to make from chili and pita pizza to instant cheesecake Plus a week s worth of easy low cal breakfasts lunches dinners and snacks to get you started on the road to your best weight

The Power of Small Shifts Fatih AKAY,2025-08-16 Over the past few years countless messages emails and letters have poured in from people around the world each one a glimpse into someone s personal journey of growth and change Amid this vast array of stories a clear and powerful pattern began to emerge and that pattern became the inspiration for this book The most compelling stories were rarely about massive achievements or dramatic life overhauls Instead they were about individuals who made seemingly minor adjustments to their daily routines tiny almost invisible changes that over time created remarkable transformations One story told of a teacher who began laying out clothes the night before This simple two minute habit created just enough mental clarity to reinvigorate her passion for teaching eventually influencing not only her own work but the overall approach of her department Another person shared how a habit of doing ten push ups before a morning shower sparked a chain reaction in his family A small act of discipline led to a healthier lifestyle inspired his children and began to shift a long standing family culture around health Yet another example came from someone in a leadership role who started asking What am I missing before making decisions This tiny question transformed her perspective elevated her team s performance and even influenced how her entire organization approached challenges What these stories revealed was striking sustainable change is rarely the result of one big decision More often it s the product of small consistent actions strategically placed within the flow of daily life It s not the size of the shift that matters most but its consistency and direction *The Power of Small Shifts* explores this phenomenon in depth It builds on the foundations of habit formation and expands into a broader philosophy one that considers how subtle intentional changes can reshape not just

personal routines but relationships organizations and entire communities Where other works have focused on how to build habits this book goes a step further It asks where those habits should be aimed Which small shifts truly matter Which ones ripple out to create long lasting impact The chapters ahead offer a practical and thoughtful framework for identifying the small changes that can lead to meaningful results in your unique context You ll discover why some tiny habits create outsized benefits while others though equally small fizzle out And you ll learn how to build habits that are not only sustainable but capable of influencing future generations The goal of this book is to shift the way you think about change itself Rather than chasing grand transformations or waiting for motivation to strike it invites you to focus on the ordinary everyday choices the small shifts that ultimately shape your life Because here s the simple truth your life is already being shaped by small decisions The only question is whether you re shaping it intentionally or by accident This is your invitation to choose with intention Let me know if you d like a shorter version a more formal or casual tone or if you re including this in a specific type of book or project

Sculpt Your Body with Balls and Bands Denise Austin,2004-07-28 Introduces two new methods for shaping the body losing weight and toning muscles explaining how to use a fitness ball and elastic workout bands along with workouts based on Pilates yoga cardio and balance stretching

Llewellyn's 2023 Witches' Companion Llewellyn,2022-07-08 Llewellyn s 2023 Witches Companion explores the leading edge of Witchcraft and Pagan lifestyles with more than two dozen articles featuring new insights and hands on magical practices Ari and Jason Mankey reveal how to renew your magical self through cleaning up and letting go Najah Lightfoot explores some of the most important movies to include in your witchy film library Michelle Skye walks you through creating your own full moon altar that changes throughout the year Stephanie Rose Bird discusses the importance of acknowledging magic from the African diaspora You will also discover how to create your own Book of Shadows Deborah Blake use the laws of magic to increase prosperity Diana Rajchel make mundane moments magical Phoenix LeFae and increase your confidence as a witch Melanie Marquis

An Encouraging Word Weekly Devotional Journal Niccane L Farrow,2003-10

Natalie Jill's 7-Day Jump Start Natalie Jill,2016-05-03 Social media sensation fitness trainer and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss with recipes and tips

Styling Your Writing Jen McConnel,2022-05-11 This text helps developing writers in the academy and beyond think through their writing process and develop strategies for styling their writing to meet the demands of a wide range of goals The book imagines writing as an assortment of outfits bundles of styles and strategies through which one approaches a writing purpose such as writing focused on experimentation and growth or writing focused on a professional task By assessing the outfits writers feel most and least confident in and examining how to be more at home in the outfits that matter to them this book helps students develop both specific skills and their overall identity as writers Readers are guided through before during and after writing strategies and techniques including freewriting outlining visual planning and composing in multimodal forms Readers are also introduced to the importance of

setting clear writing goals and sharing their work in a variety of ways both in preparation for classroom success through peer review and writing center visits and beyond the classroom in virtual and in person spaces This book serves as a core or supplemental text for writing courses at the undergraduate graduate or high school level or as a writing guide for individual readers

The Lazy Athlete's Guide to Getting Fit Michelle Grain, Because sweating is optional but feeling good isn't Not a fan of burpees Prefer crisps to crunches Good news you don't have to become a gym obsessed smoothie drinker to feel better in your body

The Lazy Athlete's Guide to Getting Fit is the antidote to intense fitness regimes and guilt driven workouts Packed with low effort high impact tips realistic routines and just the right amount of cheeky motivation this guide is for anyone who wants to move more feel better and maybe even touch their toes without giving up lie ins or pizza Whether you're starting from the sofa or just want a fitness plan that doesn't ruin your day this is your no judgement manual to getting fitter the lazy way

My Journey out of Super Morbid Obesity Cindy Snyder, 2011-02-23 Cindy Snyder shares her deepest thoughts feelings and experiences in this diary journal in hopes to encourage others and for her to never forget where her God has brought her Being warned by her physicians that her life was at stake she knew she did not have the willpower to deliver herself from this bondage This book is the personal journal of Cindy's journey out of obesity You will be led through this journey as to what life is like for the super morbidly obese person and is filled with descriptive and explicit hardships that the super morbid obese must daily live with Cindy has tried to be as open and honest as possible and in some instances very detailed and graphic as to what life had become Cindy not only shares the battles but also lets everyone experience the victories with her Throughout her journey she shares Biblical teachings humor and the joy that only God can give during trials in our lives Her journal covers everything from menus and recipes surgery and exercise measurements and weights personal care before and after pictures to her most inner thoughts and feelings Her documentations will encourage all that read them from the most slender person with their own struggles to the very obese Through her journey faith will be strengthened to believe that with God all things are possible

Take Charge of Your Habits Dr. Suraj Kumar Nayak, 2024-12-27 Take Charge of Your Habits is a transformative guide designed to help readers develop habits that lead to long term success Based on the MCIIG model Mind Contrasting with Implementation Intention for Grit the book provides a structured step by step framework to build resilience sharpen focus and unlock personal potential Through six actionable missions readers will learn to manage their cues monitor progress and establish sustainable routines The book emphasizes overcoming challenges staying motivated and mastering habits that align with one's aspirations Whether you're a student aiming for academic excellence or a professional seeking peak performance this book offers practical strategies and reflective exercises tailored to your journey With its powerful insights and actionable guidance Take Charge of Your Habits empowers you to take control and achieve your goals with grit and determination

The Ladies' Home Journal, 2009 **My Fitness Bullet Journal** Amber Jalink, 2017-07-19 Journals are a fantastic way to not only log your daily thoughts and feelings

but when combined with the concept of a Bullet Journal they're also a great way to keep yourself organized. The Fitness Bullet Journal does exactly that and it's laid out for a full 90 days. Best of all, you can customize it for YOUR life in a brand new fun 2 page per day format. The left side pages feature a space to put the day's date. We left it undated to fit with YOUR life, a coloring image you can doodle on, Your To do List for the day, Your Urgent Reminders, Appointments for the day, Your What happened today that was fun, quick block, The Doodle Box, an unlined box to let you doodle, draw or write notes or anything else you wish, Water Log, Workouts Done log. But that's not all. The right side pages feature a dotted line style page you can simply use it to write on or draw your OWN boxes and styles however you wish. While you may prefer to log more detailed workouts for a while, at other times you may wish to log your meals. Having the full page bullet style allows you to change it as YOU wish to fit YOUR life every day. And every day can be different. Or you can use it to simply write out your thoughts in more details, your ideas and anything else you wish. You could even use it as a grid style to draw if you're artistic. Too many journals and notebook designers think we all write in tiny small print and only leave you limited space to do so. With this journal, you'll find it's the perfect size and spaced for ANY printing or writing style. The lines and dotted lines are spaced 1.5 spaces, accommodating any writing style. It's 8 x 10 in size, perfect for writing and logging what you wish and easy to take with you. This journal also makes a perfect gift for ANYONE. Get one for you AND a loved one. **Thin** Alicia

Michaels, 2016-04-15. Kinsley Simmons does not belong in an inpatient facility for people struggling with eating disorders. However, her doctor and therapist are of the opinion that she does, which is why she's missing out on her college graduation to participate in a recovery program for Bulimia Nervosa. A girl with a Type A personality, Kinsley never thought her life would come to this, dumped by her college sweetheart, flunking most of her classes, caught between bickering parents on the brink of divorce and spiraling out of control as the dangerous habits of her disorder destroy her health and friendships. When Royce Adams is invited to speak to her therapy group, Kinsley isn't at all interested in anything he has to say. He can never understand what she is going through or have the first idea of how to help her get better. Yet as he takes a personal interest in her recovery, she comes to realize there is more to Royce than meets the eye. While seeming perfect on the surface, he wrestles with demons of his own, including a past riddled with addiction and self-destructive behavior. As their friendship blossoms into something more, Kinsley will find in Royce the strength to face the reasons behind her disorder. With his help, she may also find what she needs to live a full, healthy life, one filled with happiness and love. **Fit, Fueled & Fabulous A**

BYB Fitness Guide for Women Over 50 Dr. Cynthia Simon, 2025-07-22. You didn't come this far to only come this far. At a certain point, you realize this next chapter is yours to claim. Fit, Fueled, Fabulous is your empowering guide to reclaiming your strength, energy, and confidence as you step boldly into midlife and beyond. This isn't about shrinking or extreme diets. It's about honoring your body, shifting your mindset, and celebrating what's possible right now. Whether you're in your 40s, 50s, 60s, or 70s, this book meets you where you are and helps you move forward with purpose. Inside, you'll find holistic, age-smart

strategies to help you Build a fitness routine that energizes your life not drains it Strengthen your body and protect your joints with smart effective training Fuel your vitality with balanced nutrition no fads or restrictions Break free from the scale and build unshakable confidence Manage stress and master your mindset Embrace recovery joy and lifelong wellness without apology Built on the BYB Be Your Best philosophy this guide unites mind body and nutrition to help you live powerfully and unapologetically Because this isn't about slowing down it's about shifting gears with wisdom strength and unstoppable grace Your Fit Fueled Fabulous life starts now Let's go **Tell Me What to Eat if I Have Type II Diabetes** Elaine

Magee, 2008-07-15 Discusses the physiological causes of diabetes available treatments and the dietary implications of the disease and offers recipes and restaurant and supermarket tips **Crazy Enough to Jump** Antoinette Randall, Accomplished individuals are glorified and often envied for reaching pinnacles and living lives that the vast majority can only imagine however that life comes at an expensive price Making excuses living in fear and wasting time holds a countless amount of people hostage to their own aspirations At maximum measure those three will suffocate the largest vision and diminish the sweetest dream Consistency is one major factor that separates the settled from the achieved If it were second nature thousands wouldn't exist in procrastination while eating a bag of popcorn and watching television This is one reason why the rich famous and accomplished are viewed as wonders as if they were magically thrown into their dwelling Jumping away from life as usual is a cost that many are reluctant to pay although a better life is their claim Freedom Success and Purpose is not the result of being struck by a lightning bolt but a decision to put forth the necessary effort to harvest it This read will provoke self-analyzing thoughts necessary for active change furthermore innovating the reader to JUMP away from anything that defeats their purpose because fulfillment has been waiting far too long **Yoga Journal**, 1992-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in-depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The 7-Minute Miracle** Sheldon Levine, 2003-09-19 No weights No diets No aerobics No gym memberships The 7 Minute Miracle is the genetically based program that lets you actually spot-reduce fat in your most troublesome areas your thighs hips buttocks abs and arms Using the latest scientific discoveries about genetics and weight loss this breakthrough plan focuses your body's natural weight loss abilities like a laser right on the spot that troubles you the most In just 7 minutes a day you can melt away fat to expose and define your muscles underneath The 7 Minute Miracle program has helped hundreds of patients lose inches lose weight and feel great doing it in just 7 minutes a day Now you can too

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My Workout Mini Journal :

tari kelompok sejarah properti gerakan dan pola lantai - Aug 21 2023

web jul 19 2023 untuk tari kelompok sendiri jenis pola lantai yang bisa dipakai jauh lebih bervariasi daripada jenis tari berpasangan atau solo pilihan pola lantai yang bisa dipakai adalah pola garis lurus pola melingkar pola zig

tari kelompok sejarah properti gerakan dan pola lantai - May 06 2022

web aug 6 2023 pola lantai dalam tari kelompok pola lantai merupakan bagian penting dari tari kelompok karena pola ini menentukan gerakan dan formasi penari di atas panggung pola lantai dapat berupa pola yang sederhana seperti garis lurus atau pola yang kompleks seperti spiral atau lingkaran

pola lantai kelompok pengertian jenis dan contohnya - May 18 2023

web aug 20 2021 dikutip dari buku siswa seni budaya smp mts kelas 7 2020 129 pada pola lantai berganda serempak penari akan memulai tarian dari dua sisi atau dua kelompok dengan desain yang sama contoh dua orang penari berada di atas panggung dengan melewati garis horizontal vertikal dan diagonal dimulai dari sisi belakang kanan

pola lantai pengertian tujuan dan jenisnya kompas com - Apr 17 2023

web dec 6 2021 dalam buku tari tradisi melayu eksistensi dan revitalisasi seni 2016 karya muhdi kurnia dijelaskan bahwa pola lantai adalah sebuah garis atau pola yang dibentuk sebagai cara bagi penari dalam berpindah bergerak maupun bergeser ke posisi untuk penguasaan panggung

pengertian pola lantai tujuan fungsi jenis dan contohnya - Apr 05 2022

web sep 19 2023 pola lantai dapat digunakan pada tarian tunggal berpasangan maupun kelompok pola lantai biasanya ditentukan berdasarkan jumlah penari ukuran panggung dan alur ceritanya dengan pola lantai yang tepat penonton akan

lebih menikmati pertunjukan tari menurut modul 5 level dan pola lantai pada gerak tari keluaran tari kelompok sejarah properti gerakan dan pola lantai - Jul 08 2022

web nov 8 2022 pola lantai tari kelompok pola lantai untuk setiap jenis tarian tentunya berlainan untuk tari kalangan sendiri jenis pola lantai yg bisa digunakan jauh lebih bervariasi ketimbang jenis tari berpasangan atau solo pilihan pola lantai yg bisa digunakan yakni pola garis lurus pola melingkar pola zig zag pola membentuk karakter jenis

jenis pola lantai pada tarian daerah dan fungsinya detikcom - Mar 04 2022

web dec 29 2021 pola lantai dalam tarian daerah dibagi menjadi dua kelompok yaitu pola lantai garis lurus dan pola lantai garis lengkung dalam pola lantai garis lurus ada yang dikreasikan menjadi zig zag atau berbelok belok pola lantai juga menentukan gerakan penari pola lantai dan gerak tari dapat saling mendukung dalam tarian

jenis pola lantai dalam seni tari kompas com - Jan 14 2023

web feb 9 2022 1 lihat foto ilustrasi pola lantai dalam tari seni budaya dan keterampilan kelas vi sd ari subekti dkk cari soal sekolah lainnya kompas com pola lantai dalam tari memiliki fungsi menata gerak tari para penari agar kompak pola lantai merupakan pola yang dibentuk sebagai cara penari untuk bergerak bergeser maupun berpindah

gambar 5 pola lantai tari berkelompok roboguru - Jan 02 2022

web selain itu pola lantai juga bisa merupakan garis yang dibuat oleh formasi penari kelompok atau gambaran posisi penari dalam area pementasan macam macam pola lantai tari berkeompok yaitu pola diagonal segilima garis lurus ke depan zig zag lingkaran untuk gambarnya dapat dilihat pada gambar ya semoga membantu

pola lantai kelompok dalam gerak tari halaman 83 - Oct 11 2022

web dalam sebuah tarian terutama tari kelompok pola lantai perlu diperhatikan ada beberapa macam pola lantai pada tarian antara lain 1 pola lantai vertikal pola lantai vertikal lurus pada pola lantai ini penari membentuk garis vertikal yaitu garis lurus dari depan ke belakang atau sebaliknya pola lantai ini banyak digunakan pada tari

macam macam pola lantai tari beserta gambar dan contohnya - Feb 03 2022

web macam macam pola lantai dalam seni tari akan menjadikan tarian menjadi lebih indah memukau dan menarik untuk ditonton khususnya pada tari yang dilakukan secara berkelompok macam macam pola lantai terbagi menjadi beberapa jenis **pengertian pola lantai tari kelompok dan manfaatnya** - Sep 10 2022

web feb 17 2023 ya sebagian besar tarian memiliki pola lantai namun pengertian pola lantai tersebut bisa berbeda antara tari individu atau berpasangan dengan tari kelompok simak ulasan selengkapnya mengenai pola lantai tersebut beserta manfaatnya agar kamu bisa menjawab pertanyaan di atas

kenali pola lantai dalam kesenian tari apa saja jenis - Nov 12 2022

web jan 16 2022 1 pola garis lurus pola garis lurus mempunyai kesan sederhana tapi kuat pola garis lurus dapat dibagi

desainnya menjadi pola lantai horizontal mendatar pola ini memberikan kesan istirahat pola lantai vertikal tegak pola ini mengesankan ketenangan dan keseimbangan pola lantai diagonal menyudut

4 jenis pola lantai dan penjelasannya kompas com - Mar 16 2023

web apr 18 2022 kompas com pola lantai dalam seni tari digunakan supaya para penari tidak saling bertabrakan dan bisa menguasai panggung penggunaan pola lantai dipengaruhi bentuk penyajian tarinya sebagai contoh tari tunggal tentunya memiliki pola lantai yang berbeda dengan tari kelompok

pola lantai tari pengertian jenis contoh dan gambarnya - Jun 19 2023

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