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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

Llewellyn

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

My Workout Mini Journal:

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

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

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

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

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

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

50 Great Reproducible Writing Workouts Stephen Krensky,1999-08 Short story writing activities designed to help children use their creativity while communicating their ideas

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 *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

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