

AWESOME ABS CHALLENGE

[1 MIN EACH MOVE]
[15 SECS REST AFTER EACH MOVE]
[1SET]

LEG LIFTS

FLUTTER KICKS

SCISSOR KICKS

IRON CROSS

PLANK

REVERSE CRUNCH

PUSH-UPS



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Sensational Stepawesome Abs

Tara McGuire



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Ultimate Body, Awesome Abs! Robert Marting P.T., B.S., 2018-10-21 A science based no fads approach to optimal fitness and health from top fitness author model and contributor Robert Marting Robert has appeared in and on covers of the top fitness magazines all over the world including Men s Fitness Exercise and Health and Muscle And Fitness After producing the DVD series Great Form Equals Great Results Robert was invited by the USDHHS in Washington D C as an expert panelist to help find solutions and combat childhood obesity UBAA includes safe and effective workouts meal plans and mental focus tips to keep you on track to your goals day to day There are so many fads in the fitness industry it s easy to get distracted and lose focus on the goal stay on track and get the body and life you want Robert is in his mid 40 s now and he wrote this book for people who want to simply set goals and reach them without hype fads or obsessing about anything Get informed apply Robert s knowledge and learn how to look and feel 20 years younger

The Nature of Being Human Harold Fromm, 2009-05-04 Although the physical relationship between the natural world and individuals is quantifiable the psychosocial effect of the former on the latter is often less tangible What for instance is the connection between the environment in which we live and our creativity How is our consciousness bounded and delimited by our materiality And from whence does our idea of self and our belief in free will derive and when do our surroundings challenge these basic assumptions Ecocritic Harold Fromm s challenging exploration of these and related questions twines his own physical experiences and observations with insights gathered from both the humanities and the sciences Writing broadly and personally Fromm explores our views of nature and how we write about it He ties together ecology evolutionary psychology and consciousness studies to show that our perceived separation from our surroundings is an illusory construct He argues for a naturalistic vision of creativity free will and the literary arts unimpeded by common academic and professional restraints At each point of this intellectual journey Fromm is honest engaging and unsparing Philosophical critical often personal Fromm s sweeping interdisciplinary and sometimes combative essays will change the way you think about your place in the environment

Holden, After and Before Tara McGuire, 2022-10-18 A mother s beautiful elegy to her son lost to overdose Holden After and Before is a moving meditation on grief a stunning book that traces Tara McGuire s excavation and documentation of the life path of her son Holden a graffiti artist who died of an accidental opioid overdose at the age of twenty one Beginning with Holden s death and leaping through time and space McGuire employs fact investigation memory fantasy and even fabrication in her search for understanding not only of her son s tragic death but also his beautiful life She navigates and writes across the many blank spaces to form a story of discovery and humanity examining themes of grief pain mental illness trauma creative expression identity and deep unending love inside just one of the thousands of deaths that have occurred as a result of the opioid crisis With poignant honesty and a heart laid bare Holden After and Before is a beautiful and moving elegy to a son lost to overdose

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oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

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