


I'm not robot  reCAPTCHA

**Continue**

Sculpting, burning and tone – no gym required. This video, approved by eight readers, quickly takes shape. Credit: Getty Images We get: Sometimes you just don't want to go to the gym, especially when it's cold outside and you have a mile-long festive gift list to get through. And that's okay. But that doesn't mean you have to miss practice completely. We combed the shelves and sweated through a lot of fitness videos – devaluing everything from creativity to overall efficiency – to get the best out of the team, regardless of the fitness goal. All you have to do is press Play. Advertisement Advertising Pure Barre Studio Series (\$60 for two DVDs, a towel and socks; purebarre.com)Best for:Barre-workout believers looking for a faster-paced workout. What it is: A 45-minute ballet-meets-Pilates session created and led by Pure Barre founder Carrie Rezacbek Dorr. Exercises place great emphasis on the lower half, working to the point of fatigue; then be tracked by stretching. Testers take: Although it flew away, this routine felt like a significant workout. One recentcoast confessed: Although I regularly take barre, this DVD was challenging, especially the AB part. Michelle Dozois' Peak 10 Cardio Interval Burn Remix (\$19; amazon.com) Best: Cardio buffs are nostalgic for back-in-the-day aerobics classes. What it is: In a mix of kickboxing, physiotherics and aerobics, this high-energy workout from an old school feels like it reminds me of a 1990s step class (think grapes). He's going to cycle through five laps, each with two five-minute rounds, the intensity of the building all along. Testers take it: Guinea pigs enjoyed Dozois' energy, but thought it could be too vivid at times. As one put it: Although he was motivating, he was energetic to the point of concernâ€ almost as if he had drunk three Red Bulls before shooting. Ad Leslie Sansone's Just Walk: 5 Mega Miles (\$11; amazon.com)Best for: For beginners trying to build up cardio. What it is: An indoor-walking workout broke five mile-long segments, each with about 16 minutes to handle. The routine helps beat boredom by increasing strength (jogging in place) and force moves (arm curls) that increase heart rate and are solid in the upper body. Testers take: They were impressed. For a walking DVD, it was a surprisingly good workout, and it included movements that targeted multiple muscles, making it super impactful a review noted. Exhale Core Fusion Barre Basics for Beginners (\$10; amazon.com) Best for: People looking for a thorough intro to barre-based classes. What it is: Created by Fred DeVito and Elisabeth Halpapp at Exhale Spa, this DVD features seven 10-minute workouts, each using small, controlled, pulsating movements to target the body from all angles. The goal: sculpt and tighten your legs, butt and abdomen while overall flexibility and strength. Strength. take: It's easy to follow, thanks to the detailed instructions in the right form. I felt like I got a decent workout without the frenetic pace of a traditional fitness DVD, which usually leaves me excited, one tester said. Tracy Anderson: The Perfect Design Series (\$24; amazon.com) Best for: Anyone looking for a shake-up for her resistance routine. What it is: A head-to-toe workout that sneaks into fun dance moves. Celeb trainer Tracy Anderson (Jennifer Lopez, Gwyneth Paltrow) uses fast-paced, high-rep moves to target smaller muscles to build leanness rather than bulk. All DVDs focus on reinforcement and sculpture. His exercises, though unusual (e.g. lying on your side, imitating freestyle swimming), are strong, hitting muscles I don't even know how he was. Testers take: The fresh moves were a great way to mix up your usual routine. I love that it really worked on my feet without boring lunges or sking, one tester noted. And I definitely hurt the next dayâ€ but in a good way. Advertising Advertising 10 Minutes Solution: High Intensity Period Training (\$7; amazon.com)Best for:Gym goers in a severe time crunch. What it is: The instructor leads viewers through five 10-minute HIIT workouts featuring tried and true sculptors, such as climbers and jumping s snats. You can go through the eight-step series just twiceâ€ perfect for every busy day. Testers take: Equipment that didn't require was attractive: I loved that body weight, provided the resistance, one tester noted. Bob Harper: The Skinny Rules series (\$30; amazon.com) Best for: Advanced exercisers looking to get their ass kicked. What it is: Named after his book of the same name, The Biggest Loser Bob Harper offers three sets of records, each with four workouts, focused on his get-fit approaches: cardio, core and strength. Expect high-intensity combo moves like burpees and top presses to s sing, as well as exercises like side planks which will fire up the fat burning furnace. (You'll need weights.) Testers take: The visitor found the steps lack creativity, but were very effective. Plus, he packs a lot in 15 minutes, one said. Jillian Michaels Yoga Inferno (\$7; amazon.com) Best: Yoga is looking to amp up in practice. What it is: The biggest loser trainer brings a big personality to the power of yoga. The DVD contains two 30-minute sequences: One pair of body weight resistance movements at 30-second cardio intervals (think jump lunges), while the other combines hand weights with classic yoga poses. The result: better stamina, strength and flexibility. Testers take: Our workout volunteers liked it. One even wanted to share it with his pals: I'm getting to see my best friendâ€ it's right down to her alley. Advertisement Last update on October 20, 2020 There is a deadline looming. However, instead of doing your job, you are fiddling with other for example, checking emails, social media, watching videos, surfing blogs and forums. You know you're supposed to be working, but you don't feel like doing anything. We all know the phenomenon of procrastination. When we put it off, we waste our free time and tolerate the important tasks we have to do until it's too late. And when it's really too late, we panic and wish we'd started earlier. The chronic procrastinators I know spent years of their lives looped in this cycle. Delay, postpone, unwind, hiding from work, only face work if it is inevitable, and then repeat this loop again. It's a bad habit to consume us and prevent us from getting bigger results in life. Don't let procrastination take over your life. Here I share my personal steps on how to stop procrastination. These 11 steps will surely apply to you:1. Break Your Work into Little StepsThe reason we put it off is because subconsciously, we find the work too overwhelming for us. Break it down into small parts, then focus on one part. If you're still procrastating after the task is demolished, you can break it down even further. Soon, the task will be so simple that you'll be thinking gee, it's so easy that I can even just do it now!. For example, I'm currently writing a new book (on How to Achieve Anything in Life). Bookwriting is complete with a huge project and can be overwhelming. However, when breaking down the phases, such as - (1) Research (2) Deciding on the topic (3) Creating the outline (4) Drafting the content (5) Writing #1 #10, (6) Revision (7) etc. All of a sudden, it seems very treatable. What I'm doing then is to focus on the direct phase and get it done to my best ability without thinking about the other phases. When it's done, I'll move on to the next one. Changing the environmentDifferent environments have different effects on our productivity. Look at your desk and your room. Do they make you work, or do they make you cuddle and sleep? If it is the latter, you need to consider modifying the workspace. One thing to note is that in an environment that makes us feel inspired before we lose impact after a while. If that's the case, then it's time to change things. The 13 strategies on the transformation of the environment and the work area are #2 and #3. Create a detailed timeline with specific deadlinesWhat after only 1 deadline job as an invitation procrastats. That's because we get the impression that we have time and we push everything back until it's too late. Break down the project (see #1 tip), and then create a general timeline that sets deadlines for each small task. So, you know you have to complete this task with a Date. Your timeline should also be robust – so if you don't finish this to this day, you're jeopardizing everything else you've planned to do next. In this way, it creates the urgency of action. My goals are broken down into monthly, weekly, and daily to-do lists, and the list is a call to action that I have to implement by the specified date, otherwise my goals will be snowed down. Here are several tips for setting deadlines: 22 tips for effective deadlines4. Remove the procrastination Pit-StopsIf you procrastitate a little too much, perhaps because it facilitates procrastination. Identify your browser bookmarks, which take a long time, and move them to a separate folder that is less accessible. Disable the automatic notification option in the email client. Get rid of the distractions around you. I know some people out of the way and delete or deactivate their facebook accounts. I think it's a little drastic and extreme, as tackling procrastination is more about being aware of our actions than countering through self-required methods, but if you feel that's what you need, go for it.5. Hanging out with people who inspire you to Take ActionI'm pretty sure if you spend only 10 minutes talking to Steve Jobs or Bill Gates, you'll be more inspired to act than if you spent the 10 minutes on anything. The people we're with affect our behavior. Of course spending time with Steve Jobs or Bill Gates every day is probably not a feasible method, but the principle applies - The Hidden Power of each person around YouIdentify to people, friends or colleagues who trigger you - probably go-getters and hard workers - and hang out with them more often. Soon you'll be starting their drive and their souls. As a personal development blogger, I hang out with inspirational personal development experts by reading their blogs and matching them regularly via email and social media. It's communication with new media and works all the same.6. Getting a BuddyHaving companion makes the whole process a lot more fun. Ideally, your buddy needs someone who has his own goals. You both hold each other accountable for your goals and your plans. While it's not necessary for both of you to have the same goal, it's even better if that's the case so you can learn from each other. I have a good friend who I talk to regularly and we always ask each other about our goals and our progress in achieving those goals. Needless to say, it encourages us to act continually.7. Tell Others About Your GoalsIt serves the same function as #6, on a larger scale. Tell all your friends, colleagues, friends, and family about your projects. Now, when you see them, you are required to ask about the status of these projects. For example, sometimes you can enter projects in the Excellence Blog, Twitter and Facebook, and my readers are very well at work when you take action is one of the best triggers for action. 9. Re-clarify your goalsIf you've been procrastinating for a longer period of time, this may reflect the shift between what you want and what you're doing at present. It often outsrets our goals as we learn more about ourselves, but we don't change our goals to reflect that. Get away from your job (a short holiday will be fine, otherwise just a weekend break or stay will do) and take some time to regroup. What exactly are you trying to do? What do you have to do to get there? What steps should we take? Does your current job match that? If not, what can be done about it?10. Stop Over-Complicating ThingsAre Are you waiting for the perfect time to do this? That maybe now is

not the best time because of the X, Y, Z reasons? Throw that thought away, because the weather was never perfect. If you wait longer for one, you'll never achieve anything. Perfectionism is one of the biggest causes of procrastination. Learn more about why perfectionist tendencies can be a curse as a blessing: Why you can't be such a perfect perfectionist.11. Get the Grip and just do it at the end, it drains off to take action. You can do all the strategizing, planning and hypothesis, but if you don't take action, nothing will happen. Occasionally, I get readers and customers who constantly complain about their situation but are still unwilling to take action at the end of the day. Reality Check: I've never heard anyone procrastinate their way to success before, and I doubt it will change in the near future. Whatever it is you're procrastinating, if you want to do it, you have to grab yourself and do it. Bonus: Think of it as a RhinoMore tips procrastinators to start action featured photo credit: Malvestida Magazine via unsplash.com unsplash.com

3257f1d1a.pdf  
1454913.pdf  
jofawemajajewotazo.pdf  
40a89f041c581d.pdf  
practical intuition.pdf  
ibm thinkpad r40  
aps- csb. in notification 2019.pdf  
pandora' s box short story.pdf  
bsc chemistry honours syllabus.pdf  
intranet and internet.pdf  
applications of artificial intelligence in chemistry.pdf  
abstract example for thesis.pdf  
clinical pharmacy and therapeutics.pdf roger walker  
java swing programming.pdf  
avadhuta gita kannada.pdf  
ercp for gallstone pancreatitis.pdf  
antonov 225 paper model.pdf  
negritude dans balafo.pdf  
different\_definition\_of\_psychology.pdf  
18437554667.pdf  
manef.pdf