

FOCUS T25

Purpose: This sheet was designed to keep track of your progress for FOCUS T25. The instructions are below.

Day 01: 27-Jul-2014
Day 70: 6-Oct-2014

Enter Start Date/Time!

Link: [STATS](#)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALPHA THE FOUNDATION	27-Jul CARNO	28-Jul SPEED 12	29-Jul TOTAL BODY CIRCUIT	30-Jul AB HYPERVOLS	31-Jul LOWER FOCUS CARNO	1-Aug STAIRS	2-Aug STAIRS
	1-Aug CARNO	2-Aug TOTAL BODY CIRCUIT	3-Aug SPEED 12	4-Aug CARNO	5-Aug LOWER FOCUS AB HYPERVOLS	6-Aug STAIRS	7-Aug STAIRS
	8-Aug TOTAL BODY CIRCUIT	9-Aug SPEED 12	10-Aug LOWER FOCUS	11-Aug CARNO	12-Aug TOTAL BODY CIRCUIT AB HYPERVOLS	13-Aug STAIRS	14-Aug STAIRS
	15-Aug CARNO	16-Aug TOTAL BODY CIRCUIT	17-Aug LOWER FOCUS	18-Aug TOTAL BODY CIRCUIT	19-Aug AB HYPERVOLS SPEED 12	20-Aug STAIRS	21-Aug STAIRS
	22-Aug CARNO	23-Aug TOTAL BODY CIRCUIT	24-Aug LOWER FOCUS	25-Aug CARNO	26-Aug TOTAL BODY CIRCUIT LOWER FOCUS	27-Aug STAIRS	28-Aug STAIRS
	29-Aug TOTAL BODY CIRCUIT	30-Aug AB HYPERVOLS	31-Aug TOTAL BODY CIRCUIT	1-Sep CARNO	2-Sep LOWER FOCUS CARNO	3-Sep STAIRS	4-Sep STAIRS
BETA THE CORE	5-Sep CORE CARNO	6-Sep SPEED 12	7-Sep HIIT CIRCUIT	8-Sep DYNAMIC CORE	9-Sep LOWER FOCUS CORE CARNO	10-Sep STAIRS	11-Sep STAIRS
	12-Sep DYNAMIC CORE	13-Sep CORE CARNO	14-Sep HIIT CIRCUIT	15-Sep UPPER FOCUS	16-Sep HIIT CIRCUIT SPEED 12	17-Sep STAIRS	18-Sep STAIRS
	19-Sep CORE CARNO	20-Sep UPPER FOCUS	21-Sep SPEED 12	22-Sep HIIT CIRCUIT	23-Sep DYNAMIC CORE SPEED 12	24-Sep STAIRS	25-Sep STAIRS
	26-Sep HIIT CIRCUIT	27-Sep DYNAMIC CORE	28-Sep CORE CARNO	29-Sep DYNAMIC CORE	30-Sep SPEED 12 LOWER FOCUS	31-Sep STAIRS	1-Oct STAIRS
	2-Oct HIIT CIRCUIT	3-Oct CORE CARNO	4-Sep HIIT CIRCUIT	5-Oct DYNAMIC CORE	6-Oct HIIT CIRCUIT SPEED 12	7-Oct STAIRS	8-Oct STAIRS
	9-Sep HIIT CIRCUIT	10-Sep CORE CARNO	11-Sep HIIT CIRCUIT	12-Oct DYNAMIC CORE	13-Oct HIIT CIRCUIT	14-Oct STAIRS	15-Oct STAIRS

Instructions: To begin using this sheet, follow these instructions:

- Start by entering the date that you plan on starting FOCUS T25 in the box that says "Day 01" above.
 - The rest of the calendar will be automatically filled in for you.
 - The sheet will now customize the "Day of the Week" based on the start date. This way, if you start on Saturday at "Day 1", the sheet will show SATURDAY as the Day of the Week.
 - The number of the day that you are on also is reflected on the calendar.
- PUSH PLAY! And begin recording your progress.
 - If you want to make a note on a particular exercise, just add a comment to the cell. (See Microsoft's "Help" feature if you don't know how. It's easy. Just right click the cell and select "Insert Comment".)
- When you have completed a workout, click the name of the workout.
 - You will be taken to the "Workout" or "Fit Test" sheet.
- Once you have completed your workout, place an X in the COMPLETED ~~xxxxxx~~ cell that coincides with your workout day.
 - Placing an "X" in the COMPLETED ~~xxxxxx~~ cell will automatically update your progress on the "Full Routine" sheet.
- Click the link at the bottom of the "Workout" or "Fit Test" sheet to take you back to the "Full Routine" sheet.
 - You'll notice, now that Day "1" turns in to an "X", you have officially X'd your workout for the day!
- Go drink a (Recovery) shake!!
- Repeat the above steps each day until Day 70.



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of machine learning and users understanding of ML based curation systems have not been investigated systematically This is problematic since machine learning as a novel programming paradigm in which a mapping between input and output is inferred from data poses a variety of open research questions regarding users understanding The first part of this thesis provides the first in depth investigation of ML based curation systems as socio technical systems The second part of the thesis contributes recommendations on how ML based curation systems can and should be explained and audited The first part analyses practitioners framing of ML by examining how the term machine learning ML applications and ML algorithms are framed in tutorials The thesis also investigates the beliefs that users have about YouTube and introduces a user belief framework of ML based curation systems Furthermore it demonstrates how limited users capabilities for providing input data for ML based curation systems are The second part evaluates different explanations of ML based systems This evaluation uncovered an explanatory gap between what is available to explain ML based curation systems and what users need to understand such systems Informed by this explanatory gap the second part of this thesis demonstrates that audits of ML systems can be an important alternative to explanations This demonstration of audits also uncovers a popularity bias enacted by YouTube s ML based curation system Based on these findings the thesis recommends performing audits to ensure that ML based systems act in the public s interest Keywords Algorithmic Bias Algorithmic Experience Algorithmic Transparency Algorithms Fake News Human Centered Machine Learning Human Computer Interaction Machine Learning Artificial Intelligence Recommender Systems Social Media Trust User Beliefs User Experience Video Recommendations YouTube

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Hitler's Navy Jak P. Mallmann Showell,2009-03-19 The German Navy both before the War and throughout the years of fighting was heavily outnumbered by the navies of Great Britain and the United States nonetheless it proved to be serious thorn in the sides of its adversaries The U boat war in the North Atlantic threatened the very liberation of Europe while the major warships posed a constant threat to the Allied shipping lanes This important reference book is an indispensable guide to the ships organisation command and rank structure and leaders of the Kriegsmarine and helps explain why it was such a potent force A detailed text augmented by photos maps and diagrams studies the German Navy from the Treaty of Versailles to the collapse of the U boat offensive and the demise of the Third Reich After covering the background organisation and naval bases the author gives detailed descriptions of all the classes of ship from the battleships to motor torpedo boats and minesweepers The officers and sailors are covered along with their uniforms and awards and insignia Biographies of notable personalities and a chronology of the main naval events are included as well as appendices and a select bibliography Based on the author's 1979 title The German Navy in World War Two this is a classic work of reference for a new generation of readers

Human Stem Cell Manual Suzanne Peterson,Jeanne F. Loring,2012-08-27 This reader friendly manual provides a practical hands on guide to the culture of human embryonic and somatic stem cells By presenting methods for embryonic and adult lines side by side the authors lay out an elegant and unique path to understanding the science of stem cell practice

Hazardous Substances Thomas Schupp,2020-08-10 This title presents a detailed overview on the full range of hazard categories and the associated risks of chemicals It provides a basic introduction into toxicology ecotoxicology and environmental behavior and enables all who

perform precise chemical analysis to handle substances according to their intrinsic properties such as physical chemical environmental ecological and toxicological hazards **Vegetables and Fruits** ,1999 Guide to Microforms in Print ,1999

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