



NERD Fitness

THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

1



20

Bodyweight Squats

4



10

Dumbbell Rows
(use a milk jug or other weight)

2



10

Push-ups

5



15

sec
Plank

3



10

Walking Lunges
(each leg)

6



30

Jumping Jacks

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Lei Huang



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Microsoft Copilot Pro Step by Step Lisa Crosbie, 2024-12-20 Copilot Pro enables you to be more creative and productive but using generative AI requires a whole new way of thinking most users try once or twice get poor results and give up This book teaches them what they don t know and helps them get started with the right skills Copilot Pro adds generative AI experiences into the most used Microsoft applications Outlook Word PowerPoint Excel and OneNote enabling users to be more productive and creative by generating first drafts editing and improving their work easily understanding and finding pieces of information in large documents and gaining new insights It also allows users to generate text and images in a browser and via a mobile app using the latest AI models This is a completely new way of thinking and working like having your own personal enthusiastic intern working side by side with you every day to take on the mundane and time consuming tasks freeing you up for more interesting and creative work Generative AI has been everywhere in the media with a huge hype cycle but most everyday workers don t understand how it can be applied to their day to day work in a practical and transformative way This will follow the Step by Step series format taking the user through a series of steps they can follow to learn practical skills and understand what s possible The nature of generative AI is that the results vary every time so the book will provide several different examples of each skill to illustrate the variances and possibilities and help the

reader find examples that are most relevant to them to build their understanding and knowledge Copilot Pro is designed for the consumer or home user and was only announced and made available in January 2024 The uptake of generative AI is more rapid than anything we have seen with any other technology with the free version of Copilot already having had 5 billion images created and 5 billion chats conducted as at the end of January 2024 both doubling quarter over quarter There is very little in Microsoft learning resources available yet on Copilot and there is a huge demand for learning in this space People don't know what they don't know and need help with the new way of thinking required to use this technology in practical and effective everyday ways The author Lisa Crosbie has built a community of learners through her YouTube channel where she is known for her ability to explain technology in a way that makes sense to non technical users

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United States. National Advisory Council on Extension and Continuing Education,1975 *The Good Health Fact Book : a Complete Question-and-answer Guide to Getting Healthy and Staying Healthy* Reader's Digest Association (Canada),1992

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