

15 MINUTE BEGINNER WORKOUT

no equipment required



**30 second march in
place**



**20 forward
lunges**



20 squats



**30 second
cat cow stretch**



20 hip bridges



**20 second
air punches**



**20 bicycle
crunches**

Do two sets - rest one minute in between each set

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Patrick Vollmar



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Powered by Smart Sarah Murray, 2026-03-31 Powered by Smart traces the techno cultural evolutions that made artificial intelligence feel more familiar than futuristic From wearables and streaming platforms to home voice assistants and AI toasters smart is an inescapable feature of postdigital life Today thousands of products and platforms define smart as routine automation and friendly digital kinship Yet smartness was not always so digital Sarah Murray uncovers the century long process through which smart became synonymous with seamless interaction between bodies and machines showing how this intimate interfacing helped to normalize today s algorithmic world Offering a critical feminist prehistory of everyday AI Powered by Smart reveals how the pursuit of convenience comfort and efficiency has long been a gendered campaign Smartness has often been associated with women from early switchboard operators and industrial designer Lillian Gilbreth s test kitchens to Jane Fonda s Jazzercise empire and Disney s computer housewife PAT in Smart House These moments illuminate how machine intelligence has already been made ordinary and how the smart ideal was built over time through domesticity discipline and desirability Moving across factory floors suburban kitchens exercise trends and digital homes Murray shows how twentieth century innovations in wearability solutionism and recognition laid the groundwork for our contemporary tolerance of and attachment to AI Far from a sudden technological revolution everyday AI emerged through decades of cultural conditioning of smart life as a caring attentive endeavor that cast human machine harmony as both natural and necessary Powered by Smart reframes artificial intelligence not as the next frontier of progress but as the logical extension of a much older dream of efficiency made ordinary and personal *Experience with the Management of Software Projects* International Federation of Automatic Control. Technical Committee on Computers, 1987 This first IFAC Workshop has brought together the findings and experiences of leading computer engineers and DP managers in the use of software programs The volume discusses the advantages progress and utilities of software as well as its problems and future expectations to give a thorough picture of software management today *KVS/NVS TIER-II TGT Special Educator Disability Specialization Intellectual Disability Chapterwise MCQ with Explanation for 2026 Exam* Nodia, 2026-01-28 KVS NVS TGT Special Educator Tier II 2026 Disability Specialization Intellectual Disability Multiple Choice Questions is a comprehensive and exam focused practice book designed for candidates preparing for TGT Special Educator recruitment examinations conducted by Kendriya Vidyalaya Sangathan KVS and Navodaya Vidyalaya Samiti NVS This book focuses exclusively on Intellectual Disability specialization covering important theoretical concepts educational strategies assessment techniques and inclusive practices through carefully framed MCQs The content is strictly aligned with the latest Tier II exam pattern and syllabus for 2026 making it an essential resource for targeted preparation Key Features Multiple Choice Questions for TGT Special Educator Tier II Covers Intellectual Disability Disability Specialization Prepared as per latest KVS NVS syllabus 2026 Exam oriented MCQs for effective practice and revision Ideal for Special Educator aspirants teachers and competitive exam

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