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Ankush S Bhaskar



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Top 5 At-Home Workouts for Busy Professionals ADETUNJI DAMILOLA ,2024-06-20 Top 5 At Home Workouts for Busy Professionals Transform Your Health in Just Minutes a Day Are you a busy professional struggling to find time for fitness amidst your demanding schedule Do you want to stay fit and healthy without spending hours at the gym Look no further This book is your ultimate guide to integrating efficient and effective at home workouts into your daily routine no matter how hectic life gets Inside this comprehensive guide you ll discover High Intensity Interval Training HIIT Quick powerful workouts that burn calories and boost metabolism in just 20 minutes or less Bodyweight Exercises Versatile equipment free workouts you can do anywhere anytime Yoga and Stretching Relaxing routines that enhance flexibility reduce stress and improve mental clarity Resistance Band Workouts Compact portable exercises that build strength and tone muscles Desk Exercises and Micro Workouts Simple effective movements to keep you active throughout the day even at your desk Each chapter is packed with detailed instructions sample routines and practical tips to help you get the most out of your workouts Whether you re a fitness beginner or looking to shake up your routine these exercises are designed to fit seamlessly into your busy life and deliver maximum results in minimal time Why choose this book Time Saving Solutions Tailored for busy professionals these workouts are quick and efficient fitting easily into your schedule No Gym Required All exercises can be performed at home with minimal to no equipment Expert Guidance Benefit from the author s extensive experience in fitness and health ensuring safe and effective routines Holistic Approach Emphasizes both physical and mental well being helping you achieve a balanced healthy lifestyle Don t let a busy schedule be an excuse for neglecting your health Empower yourself with the knowledge and tools to stay fit energized and productive Start your journey to a healthier you today Get your copy of Top 5 At Home Workouts for Busy Professionals Transform Your Health in Just Minutes a Day and unlock the secrets to maintaining your fitness without compromising your busy life

Total Body Re-Set: A Simplified Fitness Guide for Busy Professionals To Own A High Performing Mind & Body Ankush S Bhaskar,2025-09-05 Total Body Re Set by Ankush S Bhaskar is a practical fitness guide designed for busy professionals who want to rebuild their energy focus and confidence without following extreme diets or rigid gym routines The book simplifies fitness into an easy to apply lifestyle system that blends exercise nutrition recovery and mindset so readers can stay healthy while managing demanding schedules Using scientific insights real life examples and clear frameworks it teaches how to develop strength balance and sustainable habits that last beyond short bursts of motivation With a calm realistic tone the author helps readers reset their body rethink their habits and become their own lifelong fitness coach

[Home Nursing Care : Practical Guide for Healthcare Professionals](#) Emma BLAKE,2025-11-22 Find all our resources on our platform created especially for nurses <https://ebookslibrary.nursingcare.com> Are you a freelance nurse or nursing student who wants to master home care This essential guide will help you with every aspect of the job combining theory with real world experience What will you find in this book

The essentials legal framework work organization administrative and financial management Detailed care techniques dressings IVs managing chronic conditions palliative care Professional protocols validated by HAS recommendations and current best practices Supporting patients and their families therapeutic communication managing cognitive disorders and end of life care Practical advice for independent nurses planning rounds stress management and burnout prevention A book designed as a real world tool With practical fact sheets document templates and expert advice this book will help you become more efficient and confident in your daily work Who is this book for Freelance nurses looking to structure their practice and optimize their time Nursing students wishing to deepen their knowledge before entering the workforce Career changers looking to move into home care Why read this book A clear and educational guide Real life cases and scenarios A practical and realistic approach to the profession Take care of your patients while optimizing your organization with this reference guide Order your copy now and develop your expertise in home nursing

Home Gym Jake Herbert,2024-01-05 Say goodbye to crowded gym spaces and complicated schedules and say hello to a personalized sanctuary where your fitness aspirations come to life In these chapters we ll unravel the tapestry of home gym setups guiding you through the maze of equipment choices space considerations and workout routines From the rhythmic hum of a treadmill to the satisfying clang of weights your home gym is poised to become the backdrop of your transformative story But this is more than just a guide it s an invitation to redefine what it means to pursue a healthy lifestyle Your home gym is not just a collection of equipment it s a reflection of your commitment to well being an investment in your future self So dust off those dumbbells unroll the yoga mat and let s sculpt a narrative of strength and vitality one home workout at a time Welcome to the empowering world of Home Gym Mastery

Essentials of Nephrology for Nurses A Practical and Clinical Guide to Renal Care Olivia Bennett,2025-11-23 Find all our resources on our platform created especially for nurses <https://ebookslibrary.nursingcare.com> Unlock the full spectrum of renal care with this definitive guide to nephrology nursing Nephrology Nursing A Comprehensive Guide to Kidney Care Dialysis and Clinical Practice in the UK is an indispensable resource for nursing students practising nurses and educators working in renal health Written by specialist nurse and educator Olivia Bennett this textbook bridges the gap between theory and clinical reality covering every stage of kidney disease from early detection to end of life care Inside this book you ll find In depth coverage of CKD AKI dialysis and transplantation Clear explanations of renal anatomy fluid balance and pharmacology Step by step guidance for haemodialysis peritoneal dialysis and home therapies UK aligned standards including NICE and UKKA guidelines Practical tools real life case studies sample handouts and patient education strategies Reflection points quizzes and professional development insights Whether you re preparing for clinical placement leading patient education or seeking CPD in nephrology this book delivers trusted guidance rooted in evidence ethics and empathy Join the next generation of renal nurses equipped to make a difference one patient one moment one kidney at a time

Fitness Jake Herbert,2024-01-05 This is a book combo that contains the following topics Bodybuilding Cardio Fitness

Equipment Fitness Motivation Home Gym Metabolism Muscle Building Strength Training **Umphred's Neurological Rehabilitation - E-Book** Rolando T. Lazaro, 2025-09-24 Selected for 2025 Doody's Core Titles in Physical Medicine and Rehabilitation Develop essential problem solving strategies for providing individualized effective neurologic care Under the leadership of Rolando Lazaro Umphred's Neurological Rehabilitation Eighth Edition covers the therapeutic management of people with activity limitations participation restrictions and quality of life issues following a neurological event across the lifespan This comprehensive reference provides foundational knowledge and addresses the best evidence for examination tools and interventions commonly used in today's clinical practice It applies a time tested evidence based approach to neurological rehabilitation that is perfect for both the classroom and the clinic NEW Content addresses the movement system and clinical practice guidelines NEW Two new chapters on special focus topics explore COVID 19 and reframing selected intervention strategies NEW Content explores COVID 19 as it relates to the neurologic system NEW Enhanced ebook version included with every new print purchase features videos and appendices and supplemental content for select chapters plus digital access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud UPDATED Coverage focuses on linking evidence based examination and intervention tools Comprehensive coverage offers a thorough understanding of all aspects of neurological rehabilitation across the lifespan from pediatrics to geriatrics Expert authors and editors lend their experience and guidance for on the job success UNIQUE Section on neurological problems accompanying specific system problems includes hot topics such as poor vision vestibular dysfunction dementia and problems with cognition and aging with a disability Problem solving approach helps you apply your knowledge to examinations evaluations prognoses and intervention strategies Evidence based research sets up best practices covering topics such as the theory and practice of neurologic rehabilitation evidence based examination and intervention tools and the patient's psychosocial concerns Case studies use real world examples to promote problem solving skills Terminology adheres to best practices following The Guide to Physical Therapy Practice and the WHO ICF World Health model The World's Advance ,1911 Popular Science Monthly and World's Advance ,1916 **Rifle Marksmanship Diagnostic and Training Guide** David R. James, 2011 A Rifle Marksmanship Diagnostic and Training Guide was developed to assist Army drill sergeants diagnose and train Soldiers in the Initial Entry Training IET environment The guide was based on subject matter expert input from the Infantry One Station Unit Training OSUT Brigade and the U S Army Marksmanship Unit USAMU These experts were interviewed to obtain effective training and diagnostic techniques and lessons learned through years of training IET Soldiers The guide integrates this information sequences it according to the marksmanship program and thoroughly illustrates the major training principles and lessons learned All information supplements and complements the Army marksmanship field manual The guide is an Appendix to the report DTIC Engineering Magazine ,1919 **Industrial Management** ,1918 **Harper's Bazaar** ,1921 *The Independent* William Livingston, 1920

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Advanced Home Workout Tips For Experts: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthraling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. Advanced Home Workout Tips For Experts : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Advanced Home Workout Tips For Experts : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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