

BEGINNER WORKOUT PLAN

8 PILATES EXERCISES

10-MINUTE WORKOUT

WARM-UP



SIDE LEG LUNGES
10 REPS/SIDE



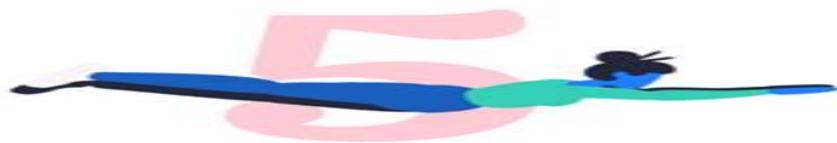
HORIZONTAL LEG RISES
10/12 REPS/SIDE



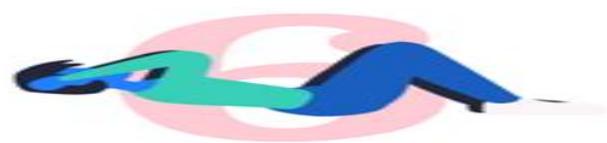
VERTICAL LEG RISES
20 REPS



GLUTE BRIDGE
20 REPS



SUPERHERO
15 REPS



SIMPLE CRUNCHES
15 REPS



FORWARD LUNGES
10 REPS/SIDE



LEG BICYCLES
60 SECONDS

COOL DOWN

FOR COMPLETE EXERCISE INSTRUCTIONS SEE THE FULL PILATES WORKOUT PLAN.



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Lei Shi



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web astm a6 a6m covers mill requirements for structural steel including dimensional tolerances on the cross section of structural shapes the quality requirements and the type of mill conditioning permitted astm a500 and a53 have sim

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web table 3 tolerance over width and length for sheared edges nominal length l mm tolerances on the width lower upper l
4000 0 20 4000 l 6000 0 30 6000 l 8000 0 40 8000 l 10000 0 50 10000 l 15000 0 75 4 flatness flatness is measured as the maximum deviation from a horizontal flat surface

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web apr 27 2010 api 650 does refer to a6 for tolerances within a plate see section 7 5 2 the out of plumbness in one shell course shall not exceed the permissible variations for flatness and waviness as specified in astm a 6m a 6 astm a 20m a 20 or astm a 480m a 480 whichever is applicable that is pretty clear

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web difference the tolerance for all thicknesses and all sizes is 1 16 inch 0625 per 6 inches of width or fraction thereof standard astm mill tolerances flatness hot dipped metallic coated sheet cut lengths over 12 in width specified to tension leveled standard of flatness astm 924 97a specified minimum thickness inch over 019 thru 032 incl

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web remarks1 the minus side tolerance on thickness shall be 0 25mm 2 thickness shall be measured at 9 53 to 19 05mm from the longitudinal edge 3 for thickness measured at any location other than that specified in note 2 the permissible maximum over tolerance shall be increased by 75

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web astm a6 generally limits the permitted variation in straightness for a w shape used as beam to 1/8 number of feet of total length 10 for both camber and sweep thus for a 30 long beam the general permissible variation from straightness would be 3/8

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web astm a6 sets the acceptable variance for member length straightness camber sweep and cross section properties cross section properties addressed are overall depth and width flange and web thickness and flange out of alignment see table 1