

BEGINNER WORKOUT PLAN

8 PILATES EXERCISES

10-MINUTE WORKOUT

WARM-UP



SIDE LEG LUNGES
10 REPS/SIDE



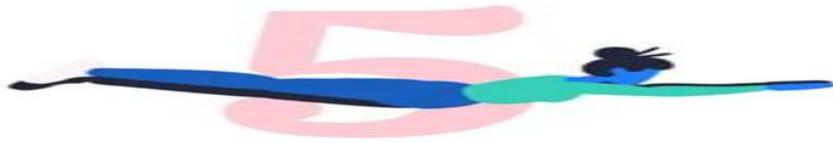
HORIZONTAL LEG RISES
10/12 REPS/SIDE



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.



Quick Pilates For Beginners Step Plan

D Kirk



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this video accompanies the chm 252 lab nitration of bromobenzene in this video students will get an introduction to the lab as well as the set up for conducting the reaction students should

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for the nitration 4.01 ml of nitric acid 4.00 ml of sulfuric acid and 4.56 ml bromobenzene were used to complete the reaction with these measurements bromobenzene was found to be the limiting reagent since only 4.56 ml of bromobenzene was used the amount of product predicted to be recovered was 8.7533 g

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the aim of the experiment is to determine and study electrophilic aromatic substitution reaction especially nitration of methyl benzoate to give methyl m nitrobenzoate thus determine the weight melting point and percentage yield of the pure methyl m nitrobenzoate abstract

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in this experiment we will carry out the nitration of bromobenzene bromine substituted on an aromatic ring is an ortho para directing group it will direct an incoming electrophile to the ortho and para positions it is also deactivating meaning that its reactions will be slower than the identical reactions of benzene

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section 20711 lab experiment nitration of bromobenzene introduction the chemical reaction of nitration consists of a nitro

group being added to or substituted in a molecule nitration can basically be carried out by a mixture of concentrated nitric acid and sulfuric acid this mixture is useful to obtain the active nitronium ion

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1 go to the restroom and wash the affected area with lots of soap and water the soap in the lab is not suitable for this purpose 2 return to the lab and apply mineral oil to the affected area 3 the summary to this warning is not to touch any part of your body while performing this experiment if you must leave the lab for any reason 1

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in the nitration of bromobenzene a mixture of sulfuric acid and nitric acid react with one another nitric acid the weaker of the two acids will serve as base to form nitronium ion bromobenzene will attack the nitronium ion by nucleophilic attack

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nitration of bromobenzene lab report improved essays 731 words 3 pages open document essay sample check writing quality show more this experiment was performed in order to demonstrate the principles of nitration through electrophilic aromatic substitution it also examined the effects of bromine on an aromatic ring ortho para vs meso directing

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then actual is your actual findings yield actual theoretical $\times 100$ what are the possible side reactions of nitration of bromobenzene dinitration can occur at ortho para or at both ortho positions occurs in overheating meta product happens very rarely because bromine is an ortho para director

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the soap in the lab is not suitable for this purpose 2 return to the lab and apply mineral oil to the affected area theory and explanation of the nitration of bromobenzene if the temperature of the reaction mixture exceeds 60 o

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the bromine substituent in bromobenzene is an ortho para director the para position is favored due to steric effects in the reaction that takes place in this lab a nitro group is substituted onto bromobenzene at the para position to form 1 bromo 4 nitrobenzene

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study with quizlet and memorize flashcards containing terms like reacting sulfuric and nitric acid together produces the nitronium ion alone nitric acid is not a strong enough electrophile to react with bromobenzene sulfuric acid is added to the nitric acid the reverse rxn can overheat and boil easily includes a claisen adaptor and

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over 5 minutes slowly pipet this bromobenzene into the icy cold nitration mixture hno 3 h 2 so 4 in the 125 ml flask and stir

continue to stir the reaction mixture in the ice bath for 30 minutes do not heat in a new 250 ml erlenmeyer

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on the right the arenium cation has a nitro set with incredibly small 0.6 angstrom bond distances this will result in an optimization failure as the atoms are even close for the programme to accomodate their electrons demonstration of creating the p arenium cation by to nitration of bromobenzene

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the purpose of this lab was to observe where substituents are added on a benzene ring by way of electrophilic aromatic substitution the electrophilic source in the nitration of bromobenzene comes from a nitronium ion NO_2^+ which acts as the electrophilic species

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nitration of bromobenzene is an electrophilic aromatic substitution reaction the electrophile will be formed from 4.0ml of nitric acid and 4.0ml of sulfuric acid and will then react with 4.5ml of bromobenzene this will produce o bromonitrobenzene and p bromonitrobenzene

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experimental spectra reaction a fluorobenzene stock fluorobenzene 1 h 1 h 19 f 19 f 13 c nmr fid for reference only sample 1 h 1 h 19 f 19 f 13 c nmr eas nitration of fluorobenzene crude product not available for submission for credit

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lab report 10 nitration of bromobenzene raekwon filmore cm 244 section 40 march 27 2018 introduction for this experiment nitration of bromobenzene was the focus of the lab the benzene is an aromatic compound and when it reacts with wither a mixture of sulfuric acid or nitric acid creates what is known as a nitro group

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