

15 MINUTE PILATES

..... *for beginners*



GLUTE BRIDGE x 15 reps



AB CRUNCH x 15 reps



LYING LEG EXT x 15 reps



**LYING WINDSHEILD WIPER
x 15 reps**



**SIDE LYING LEG ABDUCTION
x 15 reps**



**SIDE LYING LEG ADDUCTION
x 15 reps**



**SIDE LYING LEG ABDUCTION
x 15 reps**



other side



**SIDE LYING LEG ADDUCTION
x 15 reps**



other side



BACK EXTENSION x 15 reps



GOAL POST LIFTS x 15 reps



Expert Pilates For Beginners Guide

S Ben Porath



Expert Pilates For Beginners Guide:

Delve into the emotional tapestry woven by Emotional Journey with in Experience **Expert Pilates For Beginners Guide** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

https://db1.greenfirefarms.com/book/uploaded-files/Documents/The_Futures_Game_Who_Wins_Who_Loses_Why.pdf

Table of Contents Expert Pilates For Beginners Guide

1. Understanding the eBook Expert Pilates For Beginners Guide
 - The Rise of Digital Reading Expert Pilates For Beginners Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Expert Pilates For Beginners Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Expert Pilates For Beginners Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Expert Pilates For Beginners Guide
 - Personalized Recommendations
 - Expert Pilates For Beginners Guide User Reviews and Ratings
 - Expert Pilates For Beginners Guide and Bestseller Lists
5. Accessing Expert Pilates For Beginners Guide Free and Paid eBooks
 - Expert Pilates For Beginners Guide Public Domain eBooks
 - Expert Pilates For Beginners Guide eBook Subscription Services
 - Expert Pilates For Beginners Guide Budget-Friendly Options

6. Navigating Expert Pilates For Beginners Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Expert Pilates For Beginners Guide Compatibility with Devices
 - Expert Pilates For Beginners Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Expert Pilates For Beginners Guide
 - Highlighting and Note-Taking Expert Pilates For Beginners Guide
 - Interactive Elements Expert Pilates For Beginners Guide
8. Staying Engaged with Expert Pilates For Beginners Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Expert Pilates For Beginners Guide
9. Balancing eBooks and Physical Books Expert Pilates For Beginners Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Expert Pilates For Beginners Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Expert Pilates For Beginners Guide
 - Setting Reading Goals Expert Pilates For Beginners Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Expert Pilates For Beginners Guide
 - Fact-Checking eBook Content of Expert Pilates For Beginners Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

Expert Pilates For Beginners Guide Introduction

In the digital age, access to information has become easier than ever before. The ability to download Expert Pilates For Beginners Guide has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Expert Pilates For Beginners Guide has opened up a world of possibilities. Downloading Expert Pilates For Beginners Guide provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Expert Pilates For Beginners Guide has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Expert Pilates For Beginners Guide. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Expert Pilates For Beginners Guide. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Expert Pilates For Beginners Guide, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Expert Pilates For Beginners Guide has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of

free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Expert Pilates For Beginners Guide Books

1. Where can I buy Expert Pilates For Beginners Guide books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Expert Pilates For Beginners Guide book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Expert Pilates For Beginners Guide books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are Expert Pilates For Beginners Guide audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.

10. Can I read Expert Pilates For Beginners Guide books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Expert Pilates For Beginners Guide :

the futures game who wins who loses why

the complete charlie bone series jenny nimmo

the burdens john ruganda

the catastrophic history of you and me

the knight and the blast furnace a history of the metallurgy of armour in the middle ages the early modern period

the dramatic writers companion tools to develop characters cause scenes and build stories chicago guides to writing editing and publishing

the courage to create rollo may

the holy quran al islam

the cambridge companion to freud cambridge companions to philosophy

the gorilla game an investors guide to picking winners in

the crystal cave the arthurian saga book 1

the dead sea scrolls bible the oldest known bible translated for the first time into english

the measure of man natson

the genius of japanese carpentry the secrets of a craft

the magus john fowles

Expert Pilates For Beginners Guide :

partitura clasica cavatine opus 144 c saint saens copy - Mar 11 2023

web partitura clasica cavatine opus 144 c saint saens a tropical belle epoque aug 16 2020 this book originally published in 1987 is a socio cultural analysis of a tropical belle

free cavatine op 144 by camille saint saens sheet music - Oct 18 2023

web share download and print free sheet music for piano guitar flute and more with the world s largest community of sheet music creators composers performers music teachers

partitura clasica cavatine opus 144 c saint saens robert l - Dec 28 2021

web ease you to see guide partitura clasica cavatine opus 144 c saint saens as you such as by searching the title publisher or authors of guide you in reality want you can

descargar partitura clasica cavatine opus 144 c saint - Feb 27 2022

web oct 20 2021 autor saint saens camille categoria libros arte cine y fotografía música tamaño del archivo 8 mb tipos de archivo pdf document idioma

downloadable free pdfs partitura clasica cavatine opus 144 c - Jan 09 2023

web partitura clasica cavatine opus 144 c saint saens emerging infectious diseases sep 02 2022 writing history in the community of st cuthbert c 700 1130 mar 08 2023 an

read free partitura clasica cavatine opus 144 c saint saens - Jul 15 2023

web partitura clasica cavatine opus 144 c saint saens 24 caprices op 1 for violin solo aug 05 2020 chamber music for strings oct 07 2020 includes biographical information

descargar partitura clasica cavatine opus 144 c saint - Nov 26 2021

web mar 13 2021 lee un libro partitura clasica cavatine opus 144 c saint saëns trombone piano de saint saens camille ebooks pdf epub partitura

download solutions partitura clasica cavatine opus 144 c saint - Nov 07 2022

web the third volume to appear in the magnum opus of a peter brown takes as its topic the european symphony ca 1800 ca 1930 and is divided into two parts brown s series

partitura clasica cavatine opus 144 c saint saens - May 01 2022

web partitura clasica cavatine opus 144 c saint saens l étoile du nord giacomo meyerbeer 1866 the music of liszt humphrey searle 2013 12 30 the most authoritative english

partitura clasica cavatine opus 144 c saint saens pdf dotnbnm - Mar 31 2022

web 2 partitura clasica cavatine opus 144 c saint saens 2020 07 02 decker bond gazzetta musicale di milano legare street press edward kleinhammer author of the

download solutions partitura clasica cavatine opus 144 c saint - Apr 12 2023

web partitura clasica cavatine opus 144 c saint saens joachim raff aug 31 2021 joachim raff 1822 1882 a protégé of both mendelssohn and liszt was one of the most popular

partitura clasica cavatine opus 144 c saint saens pdf - Sep 05 2022

web aug 31 2023 partitura clasica cavatine opus 144 c saint saens 1 5 downloaded from uniport edu ng on august 31 2023 by guest partitura clasica cavatine opus 144 c

partitura clasica cavatine opus 144 c saint saens old talentsprint - Jul 03 2022

web partitura clasica cavatine opus 144 c saint saens downloaded from old talentsprint com by guest lexi avila arie antiche scholar s choice edition hal

partitura clasica cavatine opus 144 c saint saens pdf - Oct 06 2022

web bach titles prelude no 1 in c major bwv 933 prelude no 2 in c minor bwv 934 prelude no 3 in d minor bwv 935 prelude no 4 in d major bwv 936 prelude no

paganini op 1 caprice no 24 viola classical sheet music - Jan 29 2022

web the sheet music above is a low resolution image of the 1st page all downloads are a high resolution pdf file including all instrument parts classical sheet music op 1 caprice

partitura clasica cavatine opus 144 c saint saens copy - Dec 08 2022

web partitura clasica cavatine opus 144 c saint saens downloaded from stage gapinc com by guest chanel pitts hommage à tarrega alfred music a wealthy mexican traveler

partitura clasica cavatine opus 144 c saint saens robert l - Aug 04 2022

web partitura clasica cavatine opus 144 c saint saens right here we have countless ebook partitura clasica cavatine opus 144 c saint saens and collections to check out we

[saint saëns cavatine op 144 download free sheet music](#) - Sep 17 2023

web download saint saëns cavatine op 144 in pdf and mp3 for free and without copyrights from musopen org

[partitura clasica cavatine opus 144 c saint saens copy](#) - Jun 02 2022

web partitura clasica cavatine opus 144 c saint saens 1 partitura clasica cavatine opus 144 c saint saens the bel canto operas of rossini donizetti and bellini sonata for

partitura clasica cavatine opus 144 c saint saens - Aug 16 2023

web partitura clasica cavatine opus 144 c saint saens saint saëns jan 12 2021 this work has been selected by scholars as being culturally important and is part of the knowledge

cavatine opus 144 saint saëns partition trombone la - Feb 10 2023

web saint saëns cavatine opus 144 partition trombone ténor et piano flex editions référence fx071232 moyenne difficulté *cavatine op 144 sheet music plus* - Jun 14 2023

web shop and buy cavatine op 144 sheet music piano trombone sheet music book by camille saint saens 1835 1921 editions durand at sheet music plus hl 50560954

partitura clasica cavatine opus 144 c saint saens robert l - May 13 2023

web partitura clasica cavatine opus 144 c saint saens can be taken as well as picked to act music in spain during the

eighteenth century malcolm boyd 1998 11 26 traditional

[line follower robot with avr atmega16 microcontroller using](#) - Aug 03 2022

web learn how to make an line follower robot with avr atmega16 microcontroller using analog ir sensor and free download circuit diagram code program ablab solutions

[pdf line follower robot by avr microcontroller researchgate](#) - Dec 07 2022

web feb 6 2012 line follower robot by avr microcontroller february 2012 authors hamed saghaei download file pdf abstract line follower robot is a machine which follows a line either a black

line following robot using avr atmega8 extreme electronics - Jul 14 2023

web jul 5 2012 line following robot using avr atmega8 posted on 5 jul 2012 by avinash in avr projects avr tutorials robotics one of the most basic autonomous robot you can build is a line following robot lfr this type of robot is run over a white surface which has an arbitrary path drawn over it by using black paint

atmega8 line follower robot lfr project part 1 2 - Sep 04 2022

web dec 24 2014 one of the most basic autonomous robot you can build is a line following robot lfr the purpose of this avr tutorial part 23 is to help you build a line following robot using an inexpensive avr chip that can follow an arbitrary path lfr overview our lfr is fairly a good line follower robot consists of low priced electro mechanical parts

[avr line follower robot using atmega8 stack overflow](#) - May 12 2023

web feb 3 2014 i am new to avr programming i am trying to build a line follower robot using atmega8 which can park itself when both the infrared sensors detect black my sensors are connected to the portd2 and portd3 and my motors are connected to portb0 and portb4

[line follower using avr atmega32 ishank gulati github pages](#) - Mar 10 2023

web nov 2 2015 the addition of a microcontroller gives us the ability to program our robot according to different situations some of the advantages of a microcontroller based line follower are given below more than two sensors can

[fabio morais line follower robot github](#) - Mar 30 2022

web line follower robot the main purpose was to develop and implement a line follower robot that would have to follow the line as fast as possible for that we projected a microcontroller based system with a user friendly mobile application

line follower robot using microcontroller atmega32 avr - Oct 05 2022

web dec 12 2019 in this project i will explain how to design and build a line follower robot using microcontroller the line follower robot is a basic robot that follows a specific path indicated by a line usually a black line on a light colored surface having some particular width

line follower application for arduino robot matlab - Dec 27 2021

web this example shows how to create a simulink model to run a line follower algorithm on the arduino robot motor board by accessing the ir sensors and motors you will learn how to access the peripherals of the arduino robot motor board using blocks from the simulink library and the standard arduino library from the simulink support package for

[*line follower robot using microcontroller*](#) - Nov 06 2022

web aug 27 2014 line follower robot using avr microcontroller in this tutorial you will learn how to design a line follower robot using avr microcontroller and path sensors it follow a black line automatically and it also turn it direction according to black line

line follower robot using pic microcontroller circuit digest - Jan 28 2022

web oct 22 2017 a line follower robot is a simple yet fascinating robot for most students hobbyists to build in this tutorial we will learn how a line follower robot works and how we can build one using the pic microcontroller pic16f877a pic16f877a is a 40 pin multipurpose mcu from microchip we have used this ic in our complete pic tutorial

[line follower robot using avr microcontroller atmega16](#) - Jan 08 2023

web line follower robot using avr microcontroller atmega16 complete description with circuit diagram and code can be found at circuitdigest.com microcontro show more

line follower robot using avr microcontroller atmega16 - Jun 13 2023

web nov 1 2021 today we will use avr microcontroller to build a line follower robot mostly ir sensors are used to detect lines the ir sensors are good in detecting white or black surfaces

[line follower robot using microcontroller atmega32 avr](#) - Feb 26 2022

web jul 9 2016 line follower robot using microcontroller saturday july 9 2016 ibrar ayyub when robot is placed on the fixed path it follows the path by detecting the line the robot direction of motion depends on the two sensors outputs when the two sensors are on the line of path robot moves forward

[atmega8 line follower robot lfr project part 2 2](#) - Apr 30 2022

web jan 28 2015 excellent article about avr atmega8 chip i learnt from part 1 to end of the part 24 end with line follower robot its really superb and now i should frankly said i know all about avr chip whenever ask question i will answer now i am going to make the lfr robot with my own coding differ from yours program

[line following robot using avr atmega8](#) - Apr 11 2023

web nov 12 2012 designing an lfr at minimum our lfr design require the following components a sensor to detect the line on the surface it can be a simple ir reflectance sensor or an high end camera we will use a simple ir based sensor it is cheap and easy to build and use this article describe how to make a line sensor array

line follower robot using avr microcontroller atmega16 - Aug 15 2023

web feb 28 2019 line follower robot using raspberry pi line follower robot using msp430 launchpad today we will use avr microcontroller to build a line follower robot mostly ir sensors are used to detect lines the ir sensors are good in detecting white or black surfaces

simple line follower robot using atmega8 avr tutorial youtube - Jun 01 2022

web line follower robot using atmega8 this robot uses two ir sensor for detailed description visit funwidelectronics.blogspot.com 2016 11 lfr.html

line follower robot using avr atmega 8 with code part 2 - Jul 02 2022

web show more for code github.com snain line followe please watch top 10 billion views 2017 video line follower robot using avr board material use 1 two wheel 2 avr

how to program a line following robot robot research lab - Feb 09 2023

web feb 12 2019 just adjust the num sensors and the pin numbers that are passed into the qtrsensorsrc object also if you have a different number of sensors if you want to follow on center your goal will be different to calculate center use the following algorithm num sensors 1 500

sad night the story of an aztec victory a spanish loss - Apr 30 2023

web jan 1 1994 a juvenile book about the battle between aztec spanish soldiers at tenochtitlan mexico in 1519 the aztecs were waiting for the fulfillment of a the feathered serpent god quetzalcoatl was coming perhaps to claim their empire for his own that same year spanish adventurer hernan cortes arrived looking for treasure land

the sad night the story of an aztec victory and a spanish loss - Oct 25 2022

web oct 6 2023 the sad night the story of an aztec victory and a spanish loss sally schofer mathews clarion books new york 1994 superbly and lavishly illustrated by hand written for younger readers it tells the famous story of la noche triste when in june 1520 the spanish loaded down with plundered aztec gold escaped at night from

sad night the story of an aztec victory library binding - Mar 18 2022

web sad night the story of an aztec victory on amazon.com au free shipping on eligible orders sad night the story of an aztec victory

the sad night the story of an aztec victory and a spanish loss - Aug 23 2022

web product description in this striking picture book sally schofer mathews traces the aztec presence in mexico from the mythic origins of the aztec empire to the recent discovery of gold lost by the spaniards on the fateful night

sad night the story of an aztec victory and a spanish loss - Jun 20 2022

web sad night the story of an aztec victory and a spanish loss mathews sally amazon.com au books

the sad night the story of an aztec victory and a spanish loss - Feb 14 2022

web enjoyable well illustrated story about the founding of mexico city and the aztecs last victory over spain imperfectcj jul 13 2017 this book is mainly about the first battle between the aztecs and the spanish in the 1500s when the spanish lost

sad night the story of an aztec victory and a spanish loss - Dec 27 2022

web sad night the story of an aztec victory and a spanish loss mathews sally schofer amazon sg books

the sad night the story of an aztec victory and a spanish loss - May 20 2022

web the sad night the story of an aztec victory and a spanish loss by sally schofer mathews alibris books children s nonfiction history mexico the sad night the story of an aztec victory and a spanish loss the sad night the story of an aztec victory and a spanish loss by sally schofer mathews write the first customer review filter

the sad night the story of an aztec victory and a spanish loss - Nov 25 2022

web get this from a library the sad night the story of an aztec victory and a spanish loss sally schofer mathews a picture book that introduces the aztecs their cities and the dramatic confrontation between montezuma and cortes tells how the aztecs established an empire in mexico and what happened when they

sad night the story of an aztec victory abebooks - Apr 18 2022

web abebooks com sad night the story of an aztec victory 9780613355636 and a great selection of similar new used and collectible books available now at great prices

the sad night the story of an aztec victory and a spanish loss - Aug 03 2023

web houghton mifflin harcourt 2001 juvenile nonfiction 40 pages this sensitive treatment of la noche triste or the sad night the last battle the aztecs won against the spaniards is a

the sad night the story of an aztec victory and a spanish loss - Jun 01 2023

web apr 18 2021 the author of this children s classic presents the story of the battle between aztec and spa the sad night the story of an aztec victory and a spanish loss by sally schofer mathews goodreads home

the sad night by sallyschofer mathews open library - Jul 22 2022

web jul 26 2012 the sad night edit summary tells how the aztecs established an empire in mexico and what happened when they led by montezuma encountered cortés and the spaniards in the early sixteenth century

the sad night the story of an aztec victory and a spanish loss - Feb 26 2023

web the arrival of a second fleet of spanish ships led to the battle that took place on the sad night moctezuma was killed and the spaniards attempting to escape with a cache of gold were

the sad night the story of an aztec victory and a spanish loss - Mar 30 2023

web mar 19 2001 overview this sensitive treatment of la noche triste or the sad night the last battle the aztecs won against the spaniards is a highly effective melding of graceful lucid text and stylized art designed to resemble aztec codices the

illustrations appear in double page strips above the bordered text beginning with the aztec

the sad night the story of an aztec victory and a spanish loss - Jan 28 2023

web the history of the aztec empire in mexico and its conquest by spain is a colorful and often violent story one eventful chapter is recounted here in simple straightforward text concluding

the sad night the story of an aztec victory and a spanish loss - Sep 04 2023

web mar 19 2001 the sad night is a picture book about how the spanish invaded the aztec empire it starts out with the aztecs looking for a place with an eagle on a cactus with a rattlesnake in its beak to build an empire then it skips

the sad night the story of an aztec victory and a spanish loss - Sep 23 2022

web mar 19 2001 the sad night the story of an aztec victory and a spanish loss mathews sally schofer 9780618117451 books amazon ca

la noche triste wikipedia - Jul 02 2023

web la noche triste the night of sorrows literally the sad night was an important event during the spanish conquest of the aztec empire wherein hernán cortés his army of spanish conquistadors and their native allies were driven out of the aztec capital tenochtitlan prologue

the sad night the story of an aztec victory and a spanish loss goodreads - Oct 05 2023

web apr 18 1994 3 80 65 ratings6 reviews a simple text and richly colored illustrations in the style of aztec codex art recount the story of the eventful violent and sorrowful night when the aztecs capital city fell to the spanish soldiers of herna a7n corte a7s genres history picture books childrens 40 pages hardcover