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Linear functions review

This article was written by guest contributor Mike Donavanik. The view expressed here is his. For more information about Mike and his training advice, visit his website and follow him on Facebook and Twitter.Share on PinterestPhoto: BigstockAt the most basic level, functional fitness refers to exercises that enhance daily activities. In my opinion, functional exercises challenge balance and coordination while simultaneously increasing the strength and range of motion. It's about lifelong training, not events. We usually never have a special purpose in the gym until events like New Year's, summer vacation, wedding, or party. But sometimes we are so focused on losing weight and processing before events that nothing else in the gym matters. So it's important for us to shift our focus from training to events to training for performance and function, making everyday activities easier. With this goal, we will stay in shape throughout the year. Balance & CoordinationA bicep curl on BOSU Ball is not a functional exercise. In real life, we do not stand on unstable surfaces very often, if at all. Bending down to pick up objects, standing on your toes to reach something overhead, running up stairs, getting out of your car, and even gardening all depend on stability – and they happen on solid ground. So try challenging your balance in a stable environment, with exercises such as single leg balance exercises, lung, lung jumping, steps, lateral movements, posterior movements, stunt exercises, and plyometrics. Plus, in stable soil you will be able to handle heavier heavy loads, which means you are working at a higher intensity, burning more calories and developing more strength. Equipment like BOSU Ball works at a certain level and adds some variety to your training routine, but you shouldn't rely on it alone for stability training. StrengthA functional exercise should be a multi-joint exercise and, ideally, it should work the upper and lower bodies. It's all about creating synergies in our bodies. In our daily activities, we use our body as a whole – although activity may be more dominant upper or lower body, we still rely on the other half for stability and support. Pushing shopping carts, loading groceries into cars, and throwing away packages are all examples of total body activity. One of the benefits of combining multiple muscle groups is that you get more work done in less time, which means you see results faster. Other benefits are in cardiovascular conditions; when doing traditional anaerobic strength exercises, you also get aerobic effects because your heart has to shuttle blood between the upper and lower bodies. And the neuromuscular system learns to shoot more efficiently when you work multiple muscle groups at once, leading to increased coordination. PowerPower is an important part of everyday life. You run the stairs, prevent yourself from falling, or reach to catch your cup before tips: These are all examples of strength. Power training is a rapid blast movement, such as Olympic lifts (snatch, clean and jerk), upper body plyometrics (explosive pushups, drug ball slams, drug ball throws) and lower body plyometrics (squat jumps, lung jumping and speed skaters). But the exercise of power is not limited to plyometrics or Olympic lifts. In fitness, power refers to the results of work done over time. Do any exercises, even compound exercises like squat-to-press or burpees and try to do lots of reps — in the right shape — in no time (usually 20 to 60 seconds). You develop total body strength and overall strength, making it easier to move quickly in real life. Planes of Motion& The Range of MotionHumans is built to move backwards, forwards, ups and downs, and side by side. So we can't limit our training to one motion plane. Choose exercises that allow you to move in multiple aircraft, as it is important to increase the range of our movements. Instead of squatting until your feet are parallel to the ground, try going further down (assuming you don't have any injuries). Going to deep squats will help increase the range of movement in your hips – something we tend to eliminate after childhood but that we can regain through strength training and appropriate stretching programs. And instead of just the front lungs, try reversing the lungs with an above-the-head range or a side lung that reaches to increase the range of movement while working in different areas of movement. You should also add rotational movements to your workout (e.g. add lungs to a twist, or try pressing the rotation cable and anchos). Rotational exercises help keep your spine healthy and limber, and develop core strength throughout the abdominal wall. Although your range of movement may be limited at first, the more you work in it, the more your muscles, joints, and ligaments will open and loosen, giving you a greater range of movement. You may already be doing some of these activities individually. Now it's just a matter of combining them safely and effectively in a great functional exercise routine. Functional movements should form 25 to 40 percent (or two to five exercises) of your training session. You will see an increase in your strength, stamina, and performance in your daily activities. What is your favorite functional movement? Share it in the comments below! While the other team sneaks in self-fulfilling spells are never going around the holidays, the Radio City Rockettes deliver. Since 1933, dancers with synchronized kicks have drawn millions to the Christmas Spectacular in the shadow of New York's most glittering fir tree. For 80 Rockettes, Spectacular is the pinnacle of lifelong training. For executive producer John Bonanni, it was the fruit of a formula that he and his team tended to throughout the year.1. Unison builds unity. Bonanni, 54, said the group has no place in Spectacular culture. The 221 musicians, stagehands, actors, animal handlers and other staff remain tightly connected as the kick line. Says Meg Huggins, in her eighth year as Rockette: No one plays a diva backstage. 2. Everyone enters the clock. Doing 200 shows in two months, Bonanni says, means [having] management physically there is very important. He or one of his deputies attends each exercise so that the problem is resolved quickly.3. Check your ego at the door. There are a lot of great dancers, but only a few who are fit to be Rockettes. This is the difference between flash and sync. When Amanda Kloots auditioned in 2003, she knew she wanted to do exactly what the Rockettes had been doing for decades: I don't think you'd make it on the line if you didn't, she said.4. That old leg has legs. As many as 60% of the Rockettes have danced in previous seasons. Those veterans help newcomers with Rockette-style - where to hold your hand, for example - and by maintaining their stamina. His first year, a dance captain would stay after training with me for an hour, two hours, Kloots said.5. Let tradition stand (and fall). Every January, Bonanni and his deputies review the event and add dance bits or script updates. But the key sequence never changes. Each show features the Wooden Army Parade, where Santa fires cannons and the Rockettes fall like dominoes. The IF-THEN function in Excel is a powerful way to add decision-making to your spreadsheet. It tests the condition to see if it is true or false and then performs a certain set of instructions based on the result. For example, entering IF-THEN in Excel, you can test whether a particular cell is greater than 900. If so, you can make the formula return PERFECT text. Otherwise, you can make the formula return TOO SMALL. There are many conditions that you can enter into the IF-THEN formula. Here's how to use the IF-THEN function in Excel as well as some examples. The instructions in this article apply to Excel 2016, 2013, 2010; Excel for Mac, and Excel 365/Online. The IF-THEN function syntax includes the function name and the arguments of the function inside the parenthesis. This is the exact syntax of the IF-THEN function: =IF(logic test,value if true,value if false) The IF part of the function is a logic test. This is where you use a comparison operator to compare two values. The THEN part of this function appears after the first comma and includes two arguments separated by The first argument tells the function what to do if the comparison is correct. The second argument tells you what to do if the comparison is wrong. Before Before on more complex calculations, let's look at a very simple example of the IF-THEN statement. Our spreadsheet is prepared with cell B2 for \$100. We can enter the following formula into C2 to indicate whether the value is greater than \$1000 or not. =IF(B2>1000,PERFECT, This function has the following arguments: B2>1000 tests whether the value in cell B2 is greater than 1000. PERFECT returns the word PERFECT in cell C2 if B2 is greater than 1000. TOO SMALL returns the phrase TOO SMALL in cell C2 if B2 is not greater than 1000. The function comparison section can only compare two values. One of the two values can be either: Fixed numberA character witness (text value)Date or timeFunction that returns one of the values above Reference to another cell in a spreadsheet that contains any of the values above true or FALSE part of the function can also return one of the above. This means that you can make the IF-THEN function highly advanced by embedding additional calculations or functions in it (see below). When entering true or false conditions from an IF-THEN statement in Excel, you need to use quotation marks around any text that you want to return, unless you use TRUE and FALSE, which Excel automatically recognizes. Values and other formulas don't require quotation marks. You can pin different calculations to the IF-THEN function to do, depending on the comparison result. In this example, one calculation is used to calculate taxes owed, depending on the total income in B2. The logic test compares total revenue in B2 to see if it is greater than \$50,000.00. =IF(B2>50000 In this example, B2 is not greater than 50,000, so the value_if_false will calculate, and return the result. In this case it is B2*0.10, which is 4000. The result is placed into cell C2, where the IF-THEN function is inserted, to 4000. You can also pin calculations to the comparison side of a function. For example, if you want to estimate that taxable income will only be 80% of total revenue, you can change the IF-THEN function above to the following. =IF(B2*0.8>50000 This will do the calculation on B2 before comparing it to 50,000. Never enter a comma when entering numbers in thousands. This is because Excel interprets commas as the end of arguments in a function. You can also embed (or nest) a function inside the IF-THEN function. This allows you to perform advanced calculations, then compare actual results with expected results. In this example, let's say you have a spreadsheet with a grade of 5 your students in column B. Depending on the average grade, you could have a good C2 cell return Very Good! or Need to Work. This is how you will enter the IF-THEN function: =IF(AVERAGE(B2:B6)>85,Excellent!, This function Excellent! in cell C2 if the class average is more than 85. Otherwise, he returns The Work Necessary. As you can see, entering the IF-THEN function in Excel with an embedded calculation or function lets you create a very dynamic and highly functional spreadsheet. Spreadsheet.

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