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DO 8 REPS ON EACH LEG. HOLD POSITION FOR 30 SEC AND SLOWLY MOVE BACK TO START POSITION. COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### LEG RAISE - ADVANCED



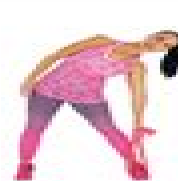
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### OBLIQUE STRETCH - BEGINNER



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### OBLIQUE STRETCH - ADVANCED



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

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# Resistance Band Exercise Guide

**K Morrison**



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web general most readers feel the power of this poem which is based on rage the speaker compares her life to an unused loaded gun and finds joy in fulfilling its purpose to kill even if you have never felt a rage so violent that you felt destructive or

explosive can you imagine what such a state must feel like

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web during her lifetime she produced 1775 poems a monstrous body of work my life had stood a loaded gun is counted among dickinson's greatest poems and is certainly representative of her body of work the poem's style depth of thought concise language and simultaneous definition and ambiguity combine to make this poem a masterpiece

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web emily dickinson s collected poems summary and analysis of my life had stood a loaded gun this poem is an extended metaphor in which the speaker s life becomes a loaded gun as defined in the first line the gun is unused for the first stanza until its owner recognizes it and takes it away with him

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web the mountains straight reply 7 8 at the very least this quote describes an awe inspiring event mountains answering a woman we re not sure of the last time something as big as a mountain answered you but it s certainly been a while for us these lines could also relate to the gun metaphor if the speaker s life is a gun then her

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