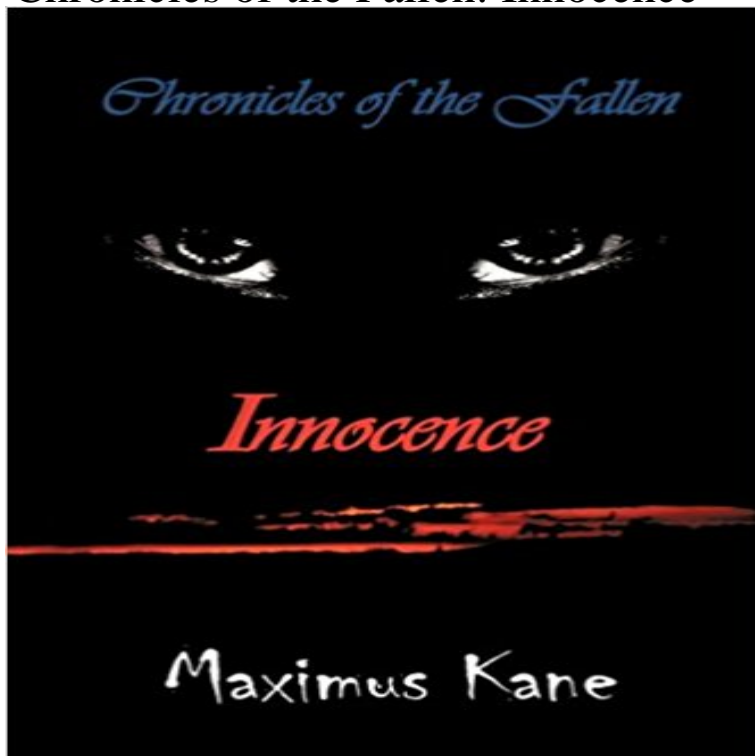


## Chronicles of the Fallen: Innocence



Jericho was among the most loved and divine of all the angels along with Michael, Gabriel, Azrael, and Lucifer. Lucifer's greed grew and influenced Jericho to join him in his attempt to take over heaven but Jericho chose God over him. For his betrayal Lucifer and his followers were cast into hell but not Jericho. Once God created man he saw that Lucifer and his armies of demons would do anything to make humans suffer. As a result by God's command Jericho was sentenced to walk the Earth forever fighting Lucifer, his demons, and any other evil that threatened the Earth and its people. In *Innocence*, Jericho is called to investigate the disappearance of a seven-year-old boy. However, the investigation turns into something more when the boy is killed and another child is kidnapped. The events leading up to the kidnapping and murder of the young boy is what made Jericho decide to investigate. However, when the boy's guardian angel is murdered, Jericho realizes that this is something bigger than he anticipated. Can Jericho find out what is happening before the second child is killed and can he stop what is really happening before it is too late?

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1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

[What is a Program Like?](#) Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how

much weight to use and just how to do the exercises. What to try to find In a Personal Trainer 1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial. 2. CPR: your coach should have an updated qualification in CPR and/or firstaid. 3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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