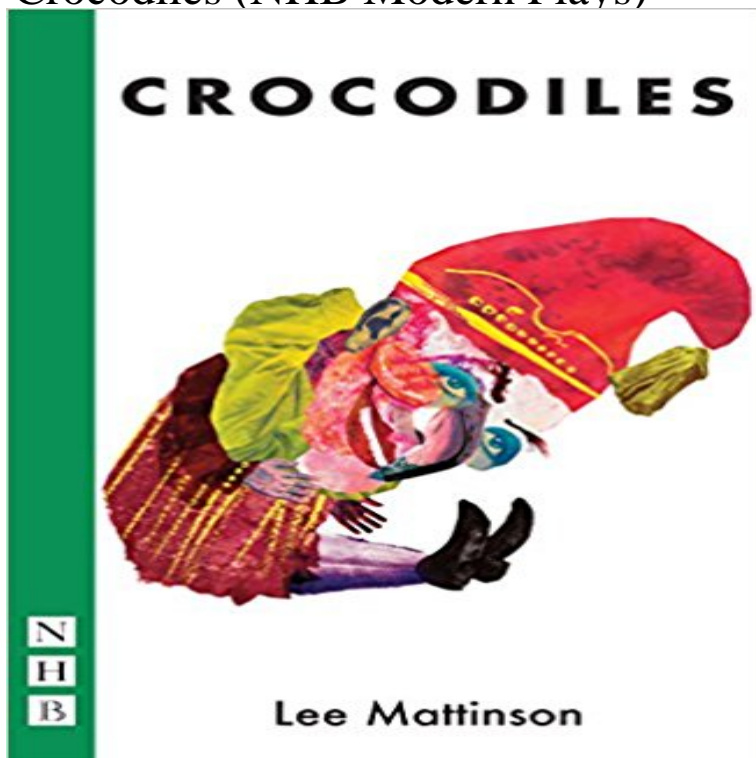


Crocodiles (NHB Modern Plays)



Crocodiles brings to life a dystopian, modern-fairytale town where fact and fiction weave as tightly and snag as easily as grannys knitting. In a sleepy seaside town, Cornelia Glass is busy spinning yarn. Witches are burnt in the town centre. Crocodiles lurk in the shallows. Boys who go to the big city are skinned alive by roving tramps. Cornelias oldest son, Rudolph, is being forced to give up his Punch and Judy show. Matilda, his wife, is secretly writing her first romantic novel. Their daughter, Lucy, can tell the future. But when Cornelias younger son, Vincent, returns from his glitzy television job in the big city, the stories that once held the Glass family together are in danger of smashing them to smithereens. Lee Mattinsons Crocodiles was runner-up for the 2011 Verity Bargate Award, and premiered at the Royal Exchange Theatre, Manchester, in October 2014. dark, funny and off the wall - WhatsOnStage

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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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