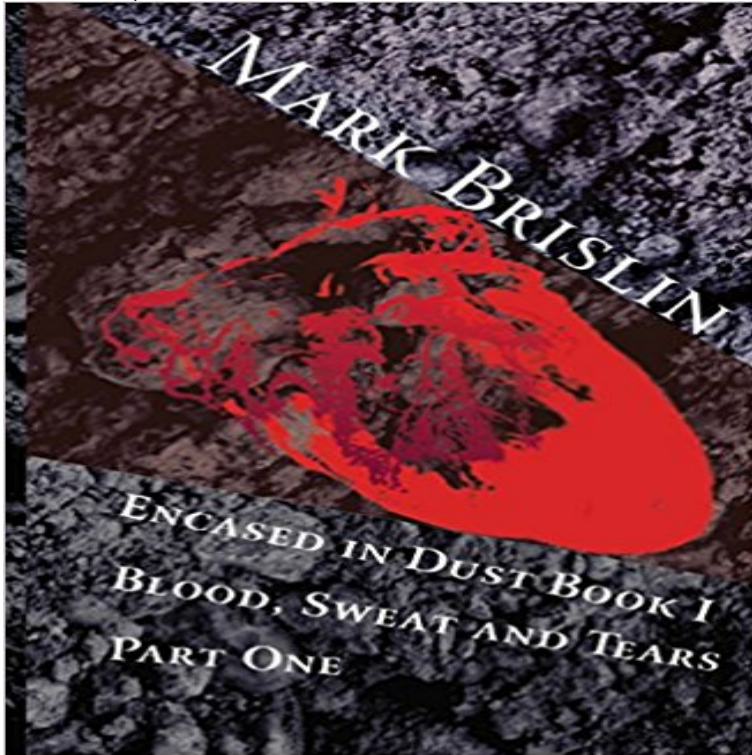


## Blood, Sweat and Tears Part One: Encased in Dust Book One



Why Blood, Sweat and Tears? When a heart is touched by the events of life, for example, the more unsavoury, those situations and words that rip ones heart to shreds; then if you are a poet (or even if not) it seems to be a release, a form of written therapy, self expression which has to be employed. I call it my poetical diary. I gave up writing a diary years ago, mainly because of two reasons. One, to be so dedicated and disciplined to write an entry almost every day seemed just a bit too much. Two, some of my girlfriends actually tried to read my, so called, secret thoughts, which annoyed me greatly. In poetry I can keep a diary of sorts, without the fear of someone reading something I dont wish them to read. Within this work I have compiled all those poems that I considered fit into the category of the title; expressing, the hurts tears and fears of a wounded heart.

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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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