

# What Does The Stairmaster Work

The above discussion is preserved as an archive of the debate. Please do not modify it. Subsequent comments should be made on the appropriate discussion page (such as the article's talk page or in a deletion review). No further edits should be made to this page. 4bca7a0d48 == Background == 4bca7a0d48

Wikipedia:Reference desk/Archives/Science/2017 January 24 (as well as at one point 1hr/ day on the stairmaster and rowing machine, yet was still 40 lbs over weight). At this point I am = January 24 =. (3) The surgery is a tool 4bca7a0d48

Delete. Only one of the two sources, a sports database, displays independent coverage of Watson, and minimal information at that. The other reference shows two sport team line-ups for a single game, with Watson being one of the players. As of now, there is no substantial coverage of this individual to warrant an article.

Silent-Rains (talk) 04:17, 10 December 2022 (UTC)reply 4bca7a0d48 edit 4bca7a0d48 == Why doesn't bariatric surgery lead to starvation? == 4bca7a0d48 Jack Watson (Turks and Caicos Islands footballer) (edit&nbsp;| talk&nbsp;| history&nbsp;| protect&nbsp;| delete&nbsp;| links&nbsp;| watch&nbsp;| logs&nbsp;| views) - (View AfD | edits since nomination) 4bca7a0d48 watch 4bca7a0d48 Just a results listing of qualification stage for under 17s. No coverage in independent sources. Also nominating: 4bca7a0d48 (Find sources:&nbsp;Google (books&nbsp;· news&nbsp;· scholar&nbsp;· free images&nbsp;· WP&nbsp;· refs)&nbsp;· FENS&nbsp;· JSTOR&nbsp;· TWL) 4bca7a0d48 Subsequently, Palanca played a variety of both supporting and leading film roles, often appearing in crime dramas and Westerns. Beginning in the late 1950s, he would work extensively in Europe, notably in a memorable turn as a charismatic-but-corrupting Hollywood mogul in Jean-Luc Godard's 1963 film Contempt. He played the title character in the 1973 television film Bram Stoker's Dracula... 4bca7a0d48 Delete - no evidence of notability. If sources are found please ping me. GiantSnowman 19:39, 8 December 2022 (UTC)reply 4bca7a0d48 Famous individuals who trained under Jones's supervision include Casey Viator (who participated in the Colorado Experiment), Eddie Robinson... 4bca7a0d48

Arthur Jones (inventor) weight and strength training. and MedX, Inc. These new product lines are not affiliated with Jones. Nautilus, Inc. e. Jones was a pioneer in the field of physical exercise i. The Bowflex &quot;power rod&quot; Arthur Allen Jones (November 22, 1926 – August 28, 2007) was the founder of Nautilus, Inc. He was born in Arkansas, and grew up in Seminole, Oklahoma. markets the Bowflex, Stairmaster and Nautilus product lines. and the inventor of the Nautilus exercise machines, including the Nautilus pullover, which was first sold in 1970 4bca7a0d48

Born in Glen Cove, New York on Long Island, Hecht attended Adelphi University, where she earned a BA in history, for a time studying at the Université de Caen, and the Université d'Angers. She earned her PhD in the history... 4bca7a0d48  
Accepting merge nominations at MfD 4bca7a0d48

Jack Palance He was nominated for three Academy Awards, all for Best Actor in a Supporting Role, for his roles in Sudden Fear (1952) and Shane (1953), and winning almost 40 years later for City Slickers (1991). &quot;backstage on the StairMaster&quot;, had bungee-jumped off the Hollywood sign, had rendezvoused with the space shuttle in orbit, had fathered all the children in Walter Jack Palance (

PAL-əns; born Volodymyr Palahniuk; February 18, 1919 – November 10, 2006) was an American actor 4bca7a0d48

tech 4bca7a0d48 Guide to deletion 4bca7a0d48 == Plot == 4bca7a0d48 view 4bca7a0d48 The following discussion is an archived debate of the proposed deletion of the article below. Please do not modify it. Subsequent comments should be made on the appropriate discussion page (such as the article's talk page or in a deletion review). No further edits should be made to this page. 4bca7a0d48

Brandon Lee Lee also focused on cardiovascular exercise with a stairmaster, did repetitions on lighter weights Brandon Bruce Lee (February 1, 1965 – March 31, 1993) was an American actor and martial artist. lot of bulk, and would even weigh the food he ate. Establishing himself as a rising action star in the early 1990s, Lee landed what was to be his breakthrough role as Eric Draven in the supernatural superhero film *The Crow* (1994). However, Lee's career and life were cut short by his accidental death during the film's production 4bca7a0d48

December 08 &gt; 4bca7a0d48 &lt; December 06 4bca7a0d48 Note: This

discussion has been included in the deletion sorting lists for the following topics: Sportspeople, Football, and Caribbean. Sportsfan 1234 (talk) 22:46, 7 December 2022 (UTC)reply 4bca7a0d48 Note: This discussion has been included in WikiProject Football's list of association football-related deletions. GiantSnowman 19:38, 8 December 2022 (UTC)reply 4bca7a0d48 Updating the good article nominations process 4bca7a0d48

The People Under the Stairs The plot follows a young boy and two adult robbers who become trapped in a house belonging to a neighborhood's crooked landlords after breaking in to steal their collection of gold coins as the boy learns a dark secret about them and what also lurks in their house. Langer and Ving Rhames. Yan Birch as Stairmaster Noel Murray of The A. V. J. Club wrote that &quot;footage from the first Gulf War on the Robesons&#039; TV—coupled with the depiction of them The People Under the Stairs is a 1991 American comedy horror film written and directed by Wes Craven, and starring Brandon Adams, Everett McGill, Wendy Robie, A 4bca7a0d48

Jones's ideas tried to move the public's notion of bodybuilding and strength-training

exercise away from the Arnold Schwarzenegger school of training, which involved hours in the gym using free weights, to high intensity training. This involves short, single sets, with each set taken to the point of complete muscular failure with a fullbody workout frequency of three times a week with the intention to maximize muscular hypertrophy and strength increases. (Later in his life, he recommended doing it once or twice a week.) Jones said: “The secret, if there is one, is high intensity. And when you actually train with high-intensity, you don’t need a lot of volume.”

4bca7a0d48 Jack Watson (Turks and Caicos Islands footballer)[edit] 4bca7a0d48 proposals 4bca7a0d48 Media &nbsp;&nbsp;&nbsp;Organisations &nbsp;&nbsp;&nbsp;Biography &nbsp;&nbsp;&nbsp;Society &nbsp;&nbsp;&nbsp;Web &nbsp;&nbsp;&nbsp;Games &nbsp;&nbsp;&nbsp;Science &nbsp;&nbsp;&nbsp;Arts &nbsp;&nbsp;&nbsp;Places &nbsp;&nbsp;&nbsp;Indiscernible&nbsp;&nbsp;&nbsp;Unsorted 4bca7a0d48 2020 Girls' U17 Volleyball European Championship Qualif... 4bca7a0d48

Jennifer Michael Hecht She was an associate professor of history at Nassau Community College (1994–2007) and most recently taught at The New School in New York City. religion. —Jennifer Michael Hecht Jennifer Michael Hecht (born November 23, 1965) is a teacher, author, poet, historian, and philosopher. A culture

that invents escalators and Stairmasters is a culture that needs to assess what it's actually talking about

Proposal to stop running donation banners For a listing of ongoing discussions, see the dashboard. == Accomplishments ==

Wikipedia:Articles for deletion/Log/2022 December 7 washingtonpost.com/archive/lifestyle/1997/03/19/bummed-out-on-the-stairmaster Recent AfD's: Today Yesterday August 29 (Sat) August 28 (Fri) August 27 (Thu) More. exercise machine. https://www. The article needs some work though

misc WMF What causes the weight loss after bariatric surgery to be limited so that you don't keep on losing weight and starve to death? After all, your stomach has been made so small that you can't even tolerate the normal amount of food that most people need to eat. Count Iblis (talk) 02:03, 24 January 2017 (UTC) The following discussion is an archived debate of

the proposed deletion of the article below. Please do not modify it. Subsequent comments should be made on the appropriate discussion page (such as the article's talk page or in a deletion review). No further edits should be made to this page. 4bca7a0d48 talk 4bca7a0d48 Removing or modifying WP:CREATIVE criterion #3 4bca7a0d48 Hecht is a longtime blogger for The Best American Poetry series web site and maintains a personal blog on her website. She resides in Brooklyn, New York. 4bca7a0d48 2022 Girls' U17 Volleyball European Championship Qualification[edit] 4bca7a0d48 Fails WP:GNG and WP:NSPORTS Sportsfan 1234 (talk) 22:46, 7 December 2022 (UTC)reply 4bca7a0d48

Wikipedia:Reference desk/Archives/Miscellaneous/2006 November 30 I always suspected the progressive resistance (with the pedals sinking) for = November 30 =. achilles tendon until the brief period when I did stairmaster about 10 years ago 4bca7a0d48

Craven has stated that The People Under the Stairs was partially inspired by a news story from the late 1970s, in which two burglars broke into a Los Angeles household, inadvertently causing the police to discover two children who had been

locked away by their parents. The film was a surprise commercial success, and has been analyzed for its satirical depiction of gentrification, class warfare, and capitalism. 4bca7a0d48 == Gender == 4bca7a0d48 The result was delete. - filelakeshoe (t / c) □ 22:59, 14 December 2022 (UTC)reply 4bca7a0d48 Hecht has seven published books, her scholarly articles have been published in many journals and magazines, and her poetry has appeared in The New Yorker, The New Republic, Ms. Magazine, and Poetry Magazine, among others. She has also written essays and book reviews for The New York Times, The Washington Post, The Philadelphia Inquirer, The American Scholar, The Boston Globe and other publications. She has written several columns for The New York Times online "Times Select." In 2010 Hecht was one of the five nonfiction judges for the National Book Award. 4bca7a0d48 Poindexter "Fool" Williams is a resident of a Los Angeles ghetto. He and his family are being evicted from their apartment by their landlords, the Robesons. The Robesons, believed to be a married couple, call themselves Mommy and Daddy, and buy poorly maintained apartment buildings, purposefully raising the rent to evict... 4bca7a0d48 Village pumps 4bca7a0d48 Would it be appropriate for posters to indicate their gender in order that respondents can take account of it and try not to upset them unduly?--Light current 00:42, 30 November 2006 (UTC)

4bca7a0d48 Feedback on proposed redesign of Community Wishlist 4bca7a0d48 archive 4bca7a0d48 Purge server cache 4bca7a0d48 Centralized discussion 4bca7a0d48 Born in Lattimer Mines, Pennsylvania, the son of Ukrainian immigrants, Palance served in the United States Army Air Forces during World War II. He attended Stanford University before pursuing a career in the theater, winning a Theatre World Award in 1951. He made his film acting debut in Elia Kazan's *Panic in the Streets* (1950), and earned Oscar nominations for *Sudden Fear* and *Shane*, his third and fourth film roles. He also won an Emmy Award for a 1957 teleplay *Requiem for a Heavyweight*. 4bca7a0d48 Lee was the son of martial artist and film star Bruce Lee, who died when Brandon was eight years old. Lee, who followed in his father's footsteps, trained in martial arts, including Jeet Kune Do, Wing Chun, Eskrima, Silat, and Muay Thai, and studied acting at Emerson College and the Lee Strasberg Theatre and Film Institute. Lee started his career with leading roles in the Hong Kong action film *Legacy of Rage* (1986), and the straight-to-video *Laser Mission* (1989), which was a financial success on home video. Lee also appeared in two spin-offs of the 1970s series *Kung Fu*, the television film *Kung Fu: The Movie* (1986) and the pilot *Kung Fu: The Next Generation* (1987). 4bca7a0d48 The result was keep. WP:SNOW. czar 02:29, 14 December 2022 (UTC)reply 4bca7a0d48

Surprisingly, neither our articles on anal sex nor anus answer this; is there any reason humans have evolved to gain pleasure from anal sex? Besides the fact that the anus does play a role in life (people actually need it), it's function in anal sex is different from the "main" function. Did evolution cause the second function to appear, because it was an advantage to gain pleasure from anal sex, or is it actually a coincidence that we are able to have anal sex? Also, did the penis also evolve to be able to be inserted into the rectum or is it, again, a mere coincidence that it is? A.Z. 00:06, 20 May 2007 (UTC) 4bca7a0d48 idea lab 4bca7a0d48 == Evolutionary purpose of anal sex == 4bca7a0d48

Wikipedia:Reference desk/Archives/Science/2007 May 20 every stairmaster, treadmill, elliptical trainer, and rowing ergometer in every gym and health club connected to a generator feeding back into the electrical = May 20 = 4bca7a0d48

Wikipedia:Articles for deletion/StairMaster <https://www.washingtonpost.com/archive/lifestyle/1997/03/19/bummed-out-on-the-stairmaster> The following discussion is an archived debate of the proposed deletion of the article below. Please do not modify it. No further edits should be made to this page. exercise

machine. The article needs some work though. Subsequent comments should be made on the appropriate discussion page (such as the article's talk page or in a deletion review). 4bca7a0d48

2022 Girls' U17 Volleyball European Championship Qualification (edit&nbsp;| talk&nbsp;| history&nbsp;| protect&nbsp;| delete&nbsp;| links&nbsp;| watch&nbsp;| logs&nbsp;| views) – (View AfD | edits since nomination) 4bca7a0d48 Transitioning to Hollywood productions, Lee first starred in the Warner Bros buddy cop film Showdown in Little Tokyo (1991), co-starring Dolph Lundgren... 4bca7a0d48 purge 4bca7a0d48 The result was soft delete. Based on minimal participation, this uncontroversial nomination is treated as an expired PROD (a.k.a. "soft deletion"). Editors can request the article's undeletion. Liz 04:17, 8 December 2022 (UTC)reply 4bca7a0d48 history 4bca7a0d48 (Find sources:&nbsp;Google (books&nbsp;· news&nbsp;· scholar&nbsp;· free images&nbsp;· WP&nbsp;· refs)&nbsp;· FENS&nbsp;· JSTOR&nbsp;· TWL) 4bca7a0d48 policy 4bca7a0d48

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## What Does The Stairmaster Work

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