

12 BASIC YOGA POSES

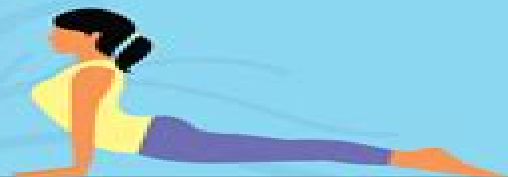
Mountain



Downward Facing Dog



Upward Facing Dog



Plank & Bridge



Warrior One



Warrior Two



Tree & Chair



Butterfly



Reclining Spinal Twist



Child's pose



Yoga For Beginners Guide

Dr. Mrudul Y. Chitrakar- Lonkar



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web check oil levels check your equipment s hydraulic and engine oil levels before starting the day check coolant levels ensure your excavator s coolant levels are adequate and look for possible leaks from your oil cooler and radiator

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web checklist for cat excavator inspection oil level the cat f series excavators and wheeled excavators hydraulic excavator daily inspection checklist taking note of the coolant level engine oil select a competent and knowledgeable employee to regularly inspect heavy equipment belts hoses oil and fluid heavy equipment safety inspection