

❖ Full Body Workout & Walking Plan ❖

today.com



When the weather disagrees with your fitness plan, walk inside. Every step you take each day counts no matter where you do it!

Day 1

☐ Walk

Day 2

☐ Lower Body

Day 3

☐ Walk

Day 4

☐ Upper Body

Day 5

☐ Walk

Day 6

☐ Core

Day 7

☐ Walk



Repeat your word with every inhalation and exhalation to help you stay focused on what you want to achieve.

Day 8

☐ Walk

Day 9

☐ Lower Body

Day 10

☐ Upper Body

Day 11

☐ Walk

Day 12

☐ Core

Day 13

☐ Lower Body

Day 14

☐ Walk



Watch yourself in a mirror when you work out so you can see your form. Even though it may feel goofy at first, smile at yourself.

Day 15

☐ Walk

Day 16

☐ Lower Body
☐ Upper Body

Day 17

☐ Walk

Day 18

☐ Lower Body

Day 19

☐ Walk

Day 20

☐ Upper Body
☐ Core

Day 21

☐ Walk



A quick whole body stretch: Stand up, root your feet into the ground and reach your arms to the sky, stretching as high as you can. Then totally relax. Repeat.

Day 22

☐ Walk

Day 23

☐ Lower Body
☐ Upper Body
☐ Core

Day 24

☐ Walk

Day 25

☐ Lower Body
☐ Upper Body
☐ Core

Day 26

☐ Walk

Day 27

☐ Cardio

Day 28

☐ Walk

Day 29

☐ Walk

Day 30

☐ Lower Body
☐ Upper Body
☐ Core

Day 31

☐ Walk

Walking Workout Today

Lei Huang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

Walking Workout Today:

Walk Your Way to a Lifetime of Fitness Pasquale De Marco, 2025-08-10 Walk Your Way to a Lifetime of Fitness is the ultimate guide to walking for health fitness and fun This comprehensive book covers everything you need to know to get started with walking including choosing the right shoes and clothing finding safe and enjoyable routes and setting realistic goals Walk Your Way to a Lifetime of Fitness also provides detailed instructions on how to walk for specific goals such as weight loss heart health and stress relief You ll also find sample walking workouts and challenges to help you stay motivated and on track In addition to the physical benefits of walking this book also explores the mental and emotional benefits of this popular activity Walking can help to improve your mood reduce stress and increase your energy levels It can also be a great way to socialize with friends and family Whether you re a beginner or an experienced walker Walk Your Way to a Lifetime of Fitness has something for you This book is packed with practical advice and tips that will help you to get the most out of your walks So what are you waiting for Start walking today and enjoy the many benefits this activity has to offer Walk Your Way to a Lifetime of Fitness is the perfect book for anyone who wants to improve their health fitness and well being This comprehensive guide covers everything you need to know to get started with walking including choosing the right shoes and clothing finding safe and enjoyable routes and setting realistic goals In addition to the physical benefits of walking this book also explores the mental and emotional benefits of this popular activity Walking can help to improve your mood reduce stress and increase your energy levels It can also be a great way to socialize with friends and family Whether you re a beginner or an experienced walker Walk Your Way to a Lifetime of Fitness has something for you This book is packed with practical advice and tips that will help you to get the most out of your walks So what are you waiting for Start walking today and enjoy the many benefits this activity has to offer If you like this book write a review [The Complete Idiot's Guide to Walking For Health](#) Erika Peters, 2000-03-01 You re no idiot of course You ve been meaning to get on track to a happier healthier life and you ve heard that walking burns the same amount of calories as jogging But your path while paved with good intentions is also filled with roadblocks like having too little energy or too many unwholesome distractions Lace up your sneakers The Complete Idiot s Guide to Walking for Health will help you develop a walking program and be with you every step of the way In this Complete Idiot s Guide you get Simple steps to figure out your waist to hip ratio and fitness level Easy ways to stay motivated and energetic Time saving tips on incorporating walking workouts into your busy life Expert advice on how walking helps you age gracefully **Walking For Fitness** Nina Barough, 2017-01-16 Keep fit tone up and lose weight with Try It Walking for Fitness Walking is the perfect way to achieve optimum health hassle free for all ages and abilities Power walking expert Nina Barough reveals there is a world of difference between a casual stroll and an energising body sculpting power walk Founder of the annual Moonwalk Nina explains how this low impact form of exercise can be done by anyone anywhere at anytime and her total walking programme will help you achieve health vitality and weight loss Improve your

wellbeing as well as your step count with 12 week walking programmes as well as plans for warm up cool down stretches and how to reach your 10 000 steps a day This book was made for walking Previous edition ISBN 9781405366397 Bulletin,1991-07

Walking the Weight Off For Dummies Erin Palinski-Wade,2015-04-15 Get up get moving and walk away the pounds If you re looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how

The Walking Solution Lee Scott,Michele Stanten,2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability

Walk Strong, Look Up Chantel Hobbs,2011-09-01 One day Chantel Hobbs had had enough She vowed to lose weight and keep it off for good And that s exactly what she did Nearly 200 pounds lost and years later she shares with readers the power of the world s most natural exercise walking Almost anyone can do it it rarely causes injury it costs very little to get started and it can be done anywhere at any time Better yet it affords exercisers the opportunity to connect with their Creator Complete with workout routines tips on proper shoes and nutrition recipes for power shakes and even a free download of a thirty minute walking workout that includes music and Chantel s coaching Walk Strong Look Up is the whole package Chantel also reveals how walking and praying at the same time both intensifies the workout and adds a spiritual component to exercising that helps readers maintain their energy and enthusiasm Anyone who desires a stronger body and a deeper connection with God will love this book

Rehabilitation Today S. Mattingly,2012-12-06 HIS book is based on a series of papers first published in Update during T 1974 and 1975 When they originally appeared they attracted attention from workers in many fields connected with rehabilitation and it was clear that their appeal stretched far beyond the usual readership of Update The papers present a unique collection of information on aspects of rehabilita tion and their publication as a single volume has been requested by many Since their

original publication the papers have been revised There have been many changes in the organisation of government and voluntary services including for example changes in the law relating to the mobility allowance These changes have been incorporated in the revision and the book now presents an up to date account of the various aspects of rehabilitation including the services provided by government and voluntary organisations relevant legislation the provision of aids and appliances and problems affecting particular disability groups If it is concerned principally with the physically disabled this is because they appear numerically to be the most important Shapewalking Marilyn L. Bach,Lorie Schleck,2003

ShapeWalking goes beyond most fitness walking programs by adding toning and stretching to an aerobic walking regimen Exercisers use their own body weight and portable exercise bands for strength training to help control weight develop muscle and prevent or reverse bone density loss Addressing people of all fitness levels the authors discuss getting started setting attainable goals achieving a target heart rate and toning the most common trouble spots Workouts include an antiosteoporosis workout that strengthens the bones most affected by the disease Completely updated this book also includes current resources photos demonstrating proper form charts for keeping track of progress and safety tips for preventing injuries Social Informatics Giovanni Luca Ciampaglia,Afra Mashhadi,Taha Yasseri,2017-09-02 The two volume set LNCS 10539 and 10540 constitutes the proceedings of the 9th International Conference on Social Informatics SocInfo 2017 held in Oxford UK in September 2017 The 37 full papers and 43 poster papers presented in this volume were carefully reviewed and selected from 142 submissions The papers are organized in topical sections named economics science of success and education network science news misinformation and collective sensemaking opinions behavior and social media mining proximity location mobility and urban analytics security privacy and trust tools and methods and health and behaviour

The 17 Day Diet Breakthrough Edition Mike Moreno,2013-12-31 In this new edition of the 1 bestseller The 17 Day Diet Dr Mike Moreno includes new chapters on supplements and exercise and more than 30 new recipes to help you achieve results fast and effectively Since Dr Mike Moreno first published The 17 Day Diet in 2010 millions of people have lost weight using his fast safe and extremely effective plan Dr Mike listens to his 17 Day Dieters as carefully as he listens to his own patients and he is always on top of the cutting edge research in the field of weight management Using vital reader feedback and the latest science he has enhanced The 17 Day Diet with three new chapters 50 new delicious recipes and the ability to customize your diet with an optional fasting day The 17 Day Diet Breakthrough Edition makes everyone s favorite diet the best and most up to date diet on the market Whether you need to lose 10 pounds or a hundred Dr Mike s plan can help you achieve your weight loss goals quickly and permanently while always ensuring that you feel full even as you enjoy a wide variety of the foods you love In fact that variation in the diet is the key to losing weight it confuses and boosts your metabolism to help you burn fat rapidly during these four 17 day cycles Accelerate The rapid weight loss cycle You ll flush sugar and fat from your system and introduce foods and nutrients into your diet that have been proven to trim belly fat thigh

fat and other stubborn fat zones Activate The metabolic boost cycle You ll alternate between low and high calorie days and watch the fat melt away Achieve The steady weight loss cycle You ll learn to control portions properly and start the exciting and quick 17 Minute Spot Reduction Workout Arrive The efficient control cycle You ll be firmly in the habit of healthy eating to support your goal On weekends you can even enjoy your favorite foods Plus A new optional transitional day of liquid cleansing that kicks your fat burning into overdrive and a dietary supplement program to support your success The 17 Day Diet can work for you even if you have food allergies or PMS or are pregnant or constantly traveling It can be adapted to a wide variety of cuisines from Chinese to Tex Mex and everything in between Brimming with helpful tips interesting facts and inspiring testimonials from fellow 17 Day Dieters The 17 Day Diet Breakthrough Edition is the very last diet book you ll ever need

Walk Your Butt Off! Sarah Lorge Butler,2013-02-26 Offers a simple walking program that can be completed in thirty minutes a day and will increase weight loss help break plateaus and accelerate fitness levels 16 INSPIRATIONAL fitnesss recollections Rahul Mookerjee,2020-03-29 If there ever was a product I enjoyed creating it is this This morning as I chatted with a lady from Shanghai a high powered lawyer of all things hehe my brain and MEMORY went into overdrive We were talking about life and workouts and bodyweight exercise and the conversation soon got around to LIFE again I wake up at 6 A M she stated I get so much more done And in true form she sent me a picture of her day neatly planned out almost as if it was on an Excel spreadsheet planned out right down to the last minute and coming from a lawyer that doesn t sound out of place either Now I m NOT much of a one for early mornings although I HAVE been in the past most commonly when I was climbing the hill at the wee hours of the morning Let me tell you slogging up that hill was NO joke at 530 AM in the morning especially during COLD and DESERTED winters so deserted and DARK that it would be me and my trust phone torch and perhaps an oldie or two Angel of the City blaring out to keep me company for a while hehe I got some of the best workouts in of my LIFE at that time and I still remember EACH and every one of those numerous workouts strange as it might sound And I still remember EACH and every one of my workouts when I was in college and the FEELING behind them I still remember climbing up a hill in POURING weather that most wouldn t even consider going out in I still remember ah but this is the entire point of me writing THIS and telling you THIS Just writing these tales and recollections got me so fired up that I literally pounded out a 100 pushups right there in my study right after writing about a 15000 words or so give or take and if this inspires me a VETERAN when it comes to fitness and working out I can just imagine what it will do to you my friend If you ve got a pulse just reading all this will inspire you like nothing else If you re overweight just READING about how I went out there and did it day by day rain sun or shine or hail on occasion hehe will give you JUST the boost you need As my friend Marc once sagely said I think you re great at motivating people And I am and I enjoy doing it which is of course the reason I write my daily emails and newsletters and do everything else I do on a daily basis When I put FEELING and indeed when YOU put feeling into my words and actions is when I perform best and so will YOU my friend So will YOU as you literally

FEEL the emotion pouring off my words As you re literally there with me for instance as I climb up the hill LATE at night or perhaps meet the old man in China I ve met in the late afternoons You ll feel me breathing fire so much so that YOU might well feel it too You ll BE THERE with me as I psyched up for that final climb You ll be there with me all those years ago as yours truly went for a swim with his grandfather at 430 AM in the morning no less Did any of that inspire you I bet it did and while all of this probably paved the way for my own fitness routines and indeed LOVE for exercise it will for you too when you read it 15 POWER PACKED and INSPIRATIONAL writings for YOURS to GRAB right now my friend Don t hesitate a minute longer dive in NOW and be swept into my WORLD *Newsletter* ,1985 **Towards a Psychophysiological Approach in**

Physical Activity, Exercise, and Sports, volume III Pedro Forte,Daniel Leite Portella,José Eduardo Teixeira,Diogo Monteiro,2025-01-06 In recent years there has been a growing recognition of the profound interconnection between mental health cognition and physiological responses in the context of physical activity exercise and sports This heightened awareness has prompted a paradigm shift towards embracing a holistic psychophysiological perspective in research within this field Volume III of this Research Topic delves deeper into the intricate relationship between psychological factors such as depression anxiety and motivation and their impact on physiological variables during physical activity exercise and sports performance Through a comprehensive exploration of this multidimensional interplay we aim to advance our understanding of how cognition education and psychological well being intersect with physiological responses By examining the nexus of mental health cognition and physiological variables we aim to shed light on the underlying mechanisms driving performance behaviour and overall well being in athletes and individuals engaged in physical activity We invite contributors to uncover new insights and pave the way for innovative approaches to enhancing performance promoting well being and addressing mental health challenges in the realm of physical activity exercise and sports *Bulletin - Holmes Safety Association*

Holmes Safety Association,1991 **Walk Your Butt Off! (Enhanced Edition)** Sarah Lorge Butler,Leslie Bonci,Michele Stanten,2013-02-26 The enhanced edition of Prevention s practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone

Walking Sharpens Mind Olivia Parker,AI,2025-02-18 Walking Sharpens Mind explores the powerful connection between walking and enhanced cognitive function revealing how this simple activity can significantly boost brain health and

mental well being The book explains how regular walking increases blood flow to the brain stimulating neurogenesis the growth of new brain cells It also delves into how walking serves as a form of mindful exercise that can unlock creative potential and aid in stress management The book approaches this topic by bridging historical insights with contemporary scientific findings from neuroscience and psychology It demonstrates the measurable cognitive benefits of short walks emphasizing how walking enhances synaptic plasticity improving memory and attention The book progresses by first introducing the science behind walking s effects on brain health then exploring practical strategies for incorporating mindful walking into daily routines and finally synthesizing these findings to offer a holistic perspective on walking as a cornerstone of cognitive and mental well being

Exercise Psychology Janet Buckworth,Rod K. Dishman,Patrick J. O'Connor,Phillip D. Tomporowski,2013-02-04 Exercise Psychology Second Edition addresses the psychological and biological consequences of exercise and physical activity and their subsequent effects on mood and mental health Like the first edition the text includes the latest scholarship by leading experts in the field of exercise adoption and adherence This edition also incorporates research on lifestyle physical activity to reflect this growing area of study over recent years In contrast to other exercise psychology textbooks grounded in social psychology Exercise Psychology Second Edition presents a psychobiological approach that examines the inner workings of the body and their effects on behavior From this unique perspective readers will learn the biological foundations of exercise psychology within the broader contexts of cognitive social and environmental influences By exploring the biological mechanisms associated with individuals behavior Exercise Psychology Second Edition challenges students and researchers to critically examine less explored methods for positive behavior change To reflect the continued growth of information in exercise psychology since the first edition was published the second edition of Exercise Psychology offers the following new features Three new chapters on exercise and cognitive function energy and fatigue and pain Thoroughly revised chapters on the correlates of exercise neuroscience stress depression and sleep An image bank featuring figures and tables from the text that can be used for course discussion and presentation Authors Buckworth and Dishman along with newly added authors O Connor and Tomporowski bring subject area expertise to the book and provide an in depth examination of the relationships between exercise and psychological constructs The findings on both classic and cutting edge topics are clearly and cohesively presented with the help of relevant quotes sidebars suggested readings and a glossary to guide students through their studies Exercise Psychology Second Edition provides an in depth examination of the psychological antecedents and consequences of physical activity helping readers understand the mental health benefits of exercise as well as the factors involved in exercise adoption and adherence Thoroughly revised and updated the second edition of Exercise Psychology balances the biological foundations of the brain and behavior with theory and knowledge derived from behavioristic cognitive and social approaches

Divine Feminine Handbook Volume Iii Marilyn Pabon,2021-08-31 Put health and self care at the heart of everything and you will enjoy endless benefits from the time you

spend here on Mother Earth Extreme self care is taking care of your body mind heart and spirit It is about loving yourself and others It is about doing things you enjoy and standing up for things you think are right and serving others Extreme self care is living a purposeful life and standing in your divine femininity Life is sometimes hard and serious and our duties and responsibilities crowd out time to just enjoy ourselves and have plain old fun Stop being so serious Life is an adventure and we are meant to have joy and fun and love along the way We have become too sophisticated as a people and that is one of our downfalls We need to get back to primitive godliness and simplicity if we wish to regain our health and happiness Look at a baby or small child and see the joy they have for life their spark their self confidence and self love go back to that Schedule time to take care of yourself Schedule fun time in your life Go outside Get in the sun Get in the water Play hard Laugh out loud Laugh until you cry Make your life fun again We need to relearn what our ancient ancestors knew about spending time in nature living in community using plants for food and medicine and recognize energy and spiritual healing as bonafide therapy Our DNA recognizes the ancient remedies and responds with health Learning wisdom from our Divine Feminine foremothers will put us back in touch with our inner knowing our own divinity and purpose Ancient wisdom and natural medicine is our pathway to vibrant physical mental emotional and spiritual health

Unveiling the Magic of Words: A Review of "**Walking Workout Today**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Walking Workout Today**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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web ٢٠٢٣ ٢٠٢٢ ٢٠٢١ ٢٠٢٠ ٢٠١٩ ٢٠١٨ ٢٠١٧ ٢٠١٦ ٢٠١٥ ٢٠١٤ ٢٠١٣ ٢٠١٢ ٢٠١١ ٢٠١٠ ٢٠٠٩ ٢٠٠٨ ٢٠٠٧ ٢٠٠٦ ٢٠٠٥ ٢٠٠٤ ٢٠٠٣ ٢٠٠٢ ٢٠٠١ ٢٠٠٠ ١٩٩٩ ١٩٩٨ ١٩٩٧ ١٩٩٦ ١٩٩٥ ١٩٩٤ ١٩٩٣ ١٩٩٢ ١٩٩١ ١٩٩٠ ١٩٨٩ ١٩٨٨ ١٩٨٧ ١٩٨٦ ١٩٨٥ ١٩٨٤ ١٩٨٣ ١٩٨٢ ١٩٨١ ١٩٨٠ ١٩٧٩ ١٩٧٨ ١٩٧٧ ١٩٧٦ ١٩٧٥ ١٩٧٤ ١٩٧٣ ١٩٧٢ ١٩٧١ ١٩٧٠ ١٩٦٩ ١٩٦٨ ١٩٦٧ ١٩٦٦ ١٩٦٥ ١٩٦٤ ١٩٦٣ ١٩٦٢ ١٩٦١ ١٩٦٠ ١٩٥٩ ١٩٥٨ ١٩٥٧ ١٩٥٦ ١٩٥٥ ١٩٥٤ ١٩٥٣ ١٩٥٢ ١٩٥١ ١٩٥٠ ١٩٤٩ ١٩٤٨ ١٩٤٧ ١٩٤٦ ١٩٤٥ ١٩٤٤ ١٩٤٣ ١٩٤٢ ١٩٤١ ١٩٤٠ ١٩٣٩ ١٩٣٨ ١٩٣٧ ١٩٣٦ ١٩٣٥ ١٩٣٤ ١٩٣٣ ١٩٣٢ ١٩٣١ ١٩٣٠ ١٩٢٩ ١٩٢٨ ١٩٢٧ ١٩٢٦ ١٩٢٥ ١٩٢٤ ١٩٢٣ ١٩٢٢ ١٩٢١ ١٩٢٠ ١٩١٩ ١٩١٨ ١٩١٧ ١٩١٦ ١٩١٥ ١٩١٤ ١٩١٣ ١٩١٢ ١٩١١ ١٩١٠ ١٩٠٩ ١٩٠٨ ١٩٠٧ ١٩٠٦ ١٩٠٥ ١٩٠٤ ١٩٠٣ ١٩٠٢ ١٩٠١ ١٩٠٠ ١٨٩٩ ١٨٩٨ ١٨٩٧ ١٨٩٦ ١٨٩٥ ١٨٩٤ ١٨٩٣ ١٨٩٢ ١٨٩١ ١٨٩٠ ١٨٨٩ ١٨٨٨ ١٨٨٧ ١٨٨٦ ١٨٨٥ ١٨٨٤ ١٨٨٣ ١٨٨٢ ١٨٨١ ١٨٨٠ ١٨٧٩ ١٨٧٨ ١٨٧٧ ١٨٧٦ ١٨٧٥ ١٨٧٤ ١٨٧٣ ١٨٧٢ ١٨٧١ ١٨٧٠ ١٨٦٩ ١٨٦٨ ١٨٦٧ ١٨٦٦ ١٨٦٥ ١٨٦٤ ١٨٦٣ ١٨٦٢ ١٨٦١ ١٨٦٠ ١٨٥٩ ١٨٥٨ ١٨٥٧ ١٨٥٦ ١٨٥٥ ١٨٥٤ ١٨٥٣ ١٨٥٢ ١٨٥١ ١٨٥٠ ١٨٤٩ ١٨٤٨ ١٨٤٧ ١٨٤٦ ١٨٤٥ ١٨٤٤ ١٨٤٣ ١٨٤٢ ١٨٤١ ١٨٤٠ ١٨٣٩ ١٨٣٨ ١٨٣٧ ١٨٣٦ ١٨٣٥ ١٨٣٤ ١٨٣٣ ١٨٣٢ ١٨٣١ ١٨٣٠ ١٨٢٩ ١٨٢٨ ١٨٢٧ ١٨٢٦ ١٨٢٥ ١٨٢٤ ١٨٢٣ ١٨٢٢ ١٨٢١ ١٨٢٠ ١٨١٩ ١٨١٨ ١٨١٧ ١٨١٦ ١٨١٥ ١٨١٤ ١٨١٣ ١٨١٢ ١٨١١ ١٨١٠ ١٨٠٩ ١٨٠٨ ١٨٠٧ ١٨٠٦ ١٨٠٥ ١٨٠٤ ١٨٠٣ ١٨٠٢ ١٨٠١ ١٨٠٠ ١٧٩٩ ١٧٩٨ ١٧٩٧ ١٧٩٦ ١٧٩٥ ١٧٩٤ ١٧٩٣ ١٧٩٢ ١٧٩١ ١٧٩٠ ١٧٨٩ ١٧٨٨ ١٧٨٧ ١٧٨٦ ١٧٨٥ ١٧٨٤ ١٧٨٣ ١٧٨٢ ١٧٨١ ١٧٨٠ ١٧٧٩ ١٧٧٨ ١٧٧٧ ١٧٧٦ ١٧٧٥ ١٧٧٤ ١٧٧٣ ١٧٧٢ ١٧٧١ ١٧٧٠ ١٧٦٩ ١٧٦٨ ١٧٦٧ ١٧٦٦ ١٧٦٥ ١٧٦٤ ١٧٦٣ ١٧٦٢ ١٧٦١ ١٧٦٠ ١٧٥٩ ١٧٥٨ ١٧٥٧ ١٧٥٦ ١٧٥٥ ١٧٥٤ ١٧٥٣ ١٧٥٢ ١٧٥١ ١٧٥٠ ١٧٤٩ ١٧٤٨ ١٧٤٧ ١٧٤٦ ١٧٤٥ ١٧٤٤ ١٧٤٣ ١٧٤٢ ١٧٤١ ١٧٤٠ ١٧٣٩ ١٧٣٨ ١٧٣٧ ١٧٣٦ ١٧٣٥ ١٧٣٤ ١٧٣٣ ١٧٣٢ ١٧٣١ ١٧٣٠ ١٧٢٩ ١٧٢٨ ١٧٢٧ ١٧٢٦ ١٧٢٥ ١٧٢٤ ١٧٢٣ ١٧٢٢ ١٧٢١ ١٧٢٠ ١٧١٩ ١٧١٨ ١٧١٧ ١٧١٦ ١٧١٥ ١٧١٤ ١٧١٣ ١٧١٢ ١٧١١ ١٧١٠ ١٧٠٩ ١٧٠٨ ١٧٠٧ ١٧٠٦ ١٧٠٥ ١٧٠٤ ١٧٠٣ ١٧٠٢ ١٧٠١ ١٧٠٠ ١٦٩٩ ١٦٩٨ ١٦٩٧ ١٦٩٦ ١٦٩٥ ١٦٩٤ ١٦٩٣ ١٦٩٢ ١٦٩١ ١٦٩٠ ١٦٨٩ ١٦٨٨ ١٦٨٧ ١٦٨٦ ١٦٨٥ ١٦٨٤ ١٦٨٣ ١٦٨٢ ١٦٨١ ١٦٨٠ ١٦٧٩ ١٦٧٨ ١٦٧٧ ١٦٧٦ ١٦٧٥ ١٦٧٤ ١٦٧٣ ١٦٧٢ ١٦٧١ ١٦٧٠ ١٦٦٩ ١٦٦٨ ١٦٦٧ ١٦٦٦ ١٦٦٥ ١٦٦٤ ١٦٦٣ ١٦٦٢ ١٦٦١ ١٦٦٠ ١٦٥٩ ١٦٥٨ ١٦٥٧ ١٦٥٦ ١٦٥٥ ١٦٥٤ ١٦٥٣ ١٦٥٢ ١٦٥١ ١٦٥٠ ١٦٤٩ ١٦٤٨ ١٦٤٧ ١٦٤٦ ١٦٤٥ ١٦٤٤ ١٦٤٣ ١٦٤٢ ١٦٤١ ١٦٤٠ ١٦٣٩ ١٦٣٨ ١٦٣٧ ١٦٣٦ ١٦٣٥ ١٦٣٤ ١٦٣٣ ١٦٣٢ ١٦٣١ ١٦٣٠ ١٦٢٩ ١٦٢٨ ١٦٢٧ ١٦٢٦ ١٦٢٥ ١٦٢٤ ١٦٢٣ ١٦٢٢ ١٦٢١ ١٦٢٠ ١٦١٩ ١٦١٨ ١٦١٧ ١٦١٦ ١٦١٥ ١٦١٤ ١٦١٣ ١٦١٢ ١٦١١ ١٦١٠ ١٦٠٩ ١٦٠٨ ١٦٠٧ ١٦٠٦ ١٦٠٥ ١٦٠٤ ١٦٠٣ ١٦٠٢ ١٦٠١ ١٦٠٠ ١٥٩٩ ١٥٩٨ ١٥٩٧ ١٥٩٦ ١٥٩٥ ١٥٩٤ ١٥٩٣ ١٥٩٢ ١٥٩١ ١٥٩٠ ١٥٨٩ ١٥٨٨ ١٥٨٧ ١٥٨٦ ١٥٨٥ ١٥٨٤ ١٥٨٣ ١٥٨٢ ١٥٨١ ١٥٨٠ ١٥٧٩ ١٥٧٨ ١٥٧٧ ١٥٧٦ ١٥٧٥ ١٥٧٤ ١٥٧٣ ١٥٧٢ ١٥٧١ ١٥٧٠ ١٥٦٩ ١٥٦٨ ١٥٦٧ ١٥٦٦ ١٥٦٥ ١٥٦٤ ١٥٦٣ ١٥٦٢ ١٥٦١ ١٥٦٠ ١٥٥٩ ١٥٥٨ ١٥٥٧ ١٥٥٦ ١٥٥٥ ١٥٥٤ ١٥٥٣ ١٥٥٢ ١٥٥١ ١٥٥٠ ١٥٤٩ ١٥٤٨ ١٥٤٧ ١٥٤٦ ١٥٤٥ ١٥٤٤ ١٥٤٣ ١٥٤٢ ١٥٤١ ١٥٤٠ ١٥٣٩ ١٥٣٨ ١٥٣٧ ١٥٣٦ ١٥٣٥ ١٥٣٤ ١٥٣٣ ١٥٣٢ ١٥٣١ ١٥٣٠ ١٥٢٩ ١٥٢٨ ١٥٢٧ ١٥٢٦ ١٥٢٥ ١٥٢٤ ١٥٢٣ ١٥٢٢ ١٥٢١ ١٥٢٠ ١٥١٩ ١٥١٨ ١٥١٧ ١٥١٦ ١٥١٥ ١٥١٤ ١٥١٣ ١٥١٢ ١٥١١ ١٥١٠ ١٥٠٩ ١٥٠٨ ١٥٠٧ ١٥٠٦ ١٥٠٥ ١٥٠٤ ١٥٠٣ ١٥٠٢ ١٥٠١ ١٥٠٠ ١٤٩٩ ١٤٩٨ ١٤٩٧ ١٤٩٦ ١٤٩٥ ١٤٩٤ ١٤٩٣ ١٤٩٢ ١٤٩١ ١٤٩٠ ١٤٨٩ ١٤٨٨ ١٤٨٧ ١٤٨٦ ١٤٨٥ ١٤٨٤ ١٤٨٣ ١٤٨٢ ١٤٨١ ١٤٨٠ ١٤٧٩ ١٤٧٨ ١٤٧٧ ١٤٧٦ ١٤٧٥ ١٤٧٤ ١٤٧٣ ١٤٧٢ ١٤٧١ ١٤٧٠ ١٤٦٩ ١٤٦٨ ١٤٦٧ ١٤٦٦ ١٤٦٥ ١٤٦٤ ١٤٦٣ ١٤٦٢ ١٤٦١ ١٤٦٠ ١٤٥٩ ١٤٥٨ ١٤٥٧ ١٤٥٦ ١٤٥٥ ١٤٥٤ ١٤٥٣ ١٤٥٢ ١٤٥١ ١٤٥٠ ١٤٤٩ ١٤٤٨ ١٤٤٧ ١٤٤٦ ١٤٤٥ ١٤٤٤ ١٤٤٣ ١٤٤٢ ١٤٤١ ١٤٤٠ ١٤٣٩ ١٤٣٨ ١٤٣٧ ١٤٣٦ ١٤٣٥ ١٤٣٤ ١٤٣٣ ١٤٣٢ ١٤٣١ ١٤٣٠ ١٤٢٩ ١٤٢٨ ١٤٢٧ ١٤٢٦ ١٤٢٥ ١٤٢٤ ١٤٢٣ ١٤٢٢ ١٤٢١ ١٤٢٠ ١٤١٩ ١٤١٨ ١٤١٧ ١٤١٦ ١٤١٥ ١٤١٤ ١٤١٣ ١٤١٢ ١٤١١ ١٤١٠ ١٤٠٩ ١٤٠٨ ١٤٠٧ ١٤٠٦ ١٤٠٥ ١٤٠٤ ١٤٠٣ ١٤٠٢ ١٤٠١ ١٤٠٠ ١٣٩٩ ١٣٩٨ ١٣٩٧ ١٣٩٦ ١٣٩٥ ١٣٩٤ ١٣٩٣ ١٣٩٢ ١٣٩١ ١٣٩٠ ١٣٨٩ ١٣٨٨ ١٣٨٧ ١٣٨٦ ١٣٨٥ ١٣٨٤ ١٣٨٣ ١٣٨٢ ١٣٨١ ١٣٨٠ ١٣٧٩ ١٣٧٨ ١٣٧٧ ١٣٧٦ ١٣٧٥ ١٣٧٤ ١٣٧٣ ١٣٧٢ ١٣٧١ ١٣٧٠ ١٣٦٩ ١٣٦٨ ١٣٦٧ ١٣٦٦ ١٣٦٥ ١٣٦٤ ١٣٦٣ ١٣٦٢ ١٣٦١ ١٣٦٠ ١٣٥٩ ١٣٥٨ ١٣٥٧ ١٣٥٦ ١٣٥٥ ١٣٥٤ ١٣٥٣ ١٣٥٢ ١٣٥١ ١٣٥٠ ١٣٤٩ ١٣٤٨ ١٣٤٧ ١٣٤٦ ١٣٤٥ ١٣٤٤ ١٣٤٣ ١٣٤٢ ١٣٤١ ١٣٤٠ ١٣٣٩ ١٣٣٨ ١٣٣٧ ١٣٣٦ ١٣٣٥ ١٣٣٤ ١٣٣٣ ١٣٣٢ ١٣٣١ ١٣٣٠ ١٣٢٩ ١٣٢٨ ١٣٢٧ ١٣٢٦ ١٣٢٥ ١٣٢٤ ١٣٢٣ ١٣٢٢ ١٣٢١ ١٣٢٠ ١٣١٩ ١٣١٨ ١٣١٧ ١٣١٦ ١٣١٥ ١٣١٤ ١٣١٣ ١٣١٢ ١٣١١ ١٣١٠ ١٣٠٩ ١٣٠٨ ١٣٠٧ ١٣٠٦ ١٣٠٥ ١٣٠٤ ١٣٠٣ ١٣٠٢ ١٣٠١ ١٣٠٠ ١٢٩٩ ١٢٩٨ ١٢٩٧ ١٢٩٦ ١٢٩٥ ١٢٩٤ ١٢٩٣ ١٢٩٢ ١٢٩١ ١٢٩٠ ١٢٨٩ ١٢٨٨ ١٢٨٧ ١٢٨٦ ١٢٨٥ ١٢٨٤ ١٢٨٣ ١٢٨٢ ١٢٨١ ١٢٨٠ ١٢٧٩ ١٢٧٨ ١٢٧٧ ١٢٧٦ ١٢٧٥ ١٢٧٤ ١٢٧٣ ١٢٧٢ ١٢٧١ ١٢٧٠ ١٢٦٩ ١٢٦٨ ١٢٦٧ ١٢٦٦ ١٢٦٥ ١٢٦٤ ١٢٦٣ ١٢٦٢ ١٢٦١ ١٢٦٠ ١٢٥٩ ١٢٥٨ ١٢٥٧ ١٢٥٦ ١٢٥٥ ١٢٥٤ ١٢٥٣ ١٢٥٢ ١٢٥١ ١٢٥٠ ١٢٤٩ ١٢٤٨ ١٢٤٧ ١٢٤٦ ١٢٤٥ ١٢٤٤ ١٢٤٣ ١٢٤٢ ١٢٤١ ١٢٤٠ ١٢٣٩ ١٢٣٨ ١٢٣٧ ١٢٣٦ ١٢٣٥ ١٢٣٤ ١٢٣٣ ١٢٣٢ ١٢٣١ ١٢٣٠ ١٢٢٩ ١٢٢٨ ١٢٢٧ ١٢٢٦ ١٢٢٥ ١٢٢٤ ١٢٢٣ ١٢٢٢ ١٢٢١ ١٢٢٠ ١٢١٩ ١٢١٨ ١٢١٧ ١٢١٦ ١٢١٥ ١٢١٤ ١٢١٣ ١٢١٢ ١٢١١ ١٢١٠ ١٢٠٩ ١٢٠٨ ١٢٠٧ ١٢٠٦ ١٢٠٥ ١٢٠٤ ١٢٠٣ ١٢٠٢ ١٢٠١ ١٢٠٠ ١١٩٩ ١١٩٨ ١١٩٧ ١١٩٦ ١١٩٥ ١١٩٤ ١١٩٣ ١١٩٢ ١١٩١ ١١٩٠ ١١٨٩ ١١٨٨ ١١٨٧ ١١٨٦ ١١٨٥ ١١٨٤ ١١٨٣ ١١٨٢ ١١٨١ ١١٨٠ ١١٧٩ ١١٧٨ ١١٧٧ ١١٧٦ ١١٧٥ ١١٧٤ ١١٧٣ ١١٧٢ ١١٧١ ١١٧٠ ١١٦٩ ١١٦٨ ١١٦٧ ١١٦٦ ١١٦٥ ١١٦٤ ١١٦٣ ١١٦٢ ١١٦١ ١١٦٠ ١١٥٩ ١١٥٨ ١١٥٧ ١١٥٦ ١١٥٥ ١١٥٤ ١١٥٣ ١١٥٢ ١١٥١ ١١٥٠ ١١٤٩ ١١٤٨ ١١٤٧ ١١٤٦ ١١٤٥ ١١٤٤ ١١٤٣ ١١٤٢ ١١٤١ ١١٤٠ ١١٣٩ ١١٣٨ ١١٣٧ ١١٣٦ ١١٣٥ ١١٣٤ ١١٣٣ ١١٣٢ ١١٣١ ١١٣٠ ١١٢٩ ١١٢٨ ١١٢٧ ١١٢٦ ١١٢٥ ١١٢٤ ١١٢٣ ١١٢٢ ١١٢١ ١١٢٠ ١١١٩ ١١١٨ ١١١٧ ١١١٦ ١١١٥ ١١١٤ ١١١٣ ١١١٢ ١١١١ ١١١٠ ١١٠٩ ١١٠٨ ١١٠٧ ١١٠٦ ١١٠٥ ١١٠٤ ١١٠٣ ١١٠٢ ١١٠١ ١١٠٠ ١٠٩٩ ١٠٩٨ ١٠٩٧ ١٠٩٦ ١٠٩٥ ١٠٩٤ ١٠٩٣ ١٠٩٢ ١٠٩١ ١٠٩٠ ١٠٨٩ ١٠٨٨ ١٠٨٧ ١٠٨٦ ١٠٨٥ ١٠٨٤ ١٠٨٣ ١٠٨٢ ١٠٨١ ١٠٨٠ ١٠٧٩ ١٠٧٨ ١٠٧٧ ١٠٧٦ ١٠٧٥ ١٠٧٤ ١٠٧٣ ١٠٧٢ ١٠٧١ ١٠٧٠ ١٠٦٩ ١٠٦٨ ١٠٦٧ ١٠٦٦ ١٠٦٥ ١٠٦٤ ١٠٦٣ ١٠٦٢ ١٠٦١ ١٠٦٠ ١٠٥٩ ١٠٥٨ ١٠٥٧ ١٠٥٦ ١٠٥٥ ١٠٥٤ ١٠٥٣ ١٠٥٢ ١٠٥١ ١٠٥٠ ١٠٤٩ ١٠٤٨ ١٠٤٧ ١٠٤٦ ١٠٤٥ ١٠٤٤ ١٠٤٣ ١٠٤٢ ١٠٤١ ١٠٤٠ ١٠٣٩ ١٠٣٨ ١٠٣٧ ١٠٣٦ ١٠٣٥ ١٠٣٤ ١٠٣٣ ١٠٣٢ ١٠٣١ ١٠٣٠ ١٠٢٩ ١٠٢٨ ١٠٢٧ ١٠٢٦ ١٠٢٥ ١٠٢٤ ١٠٢٣ ١٠٢٢ ١٠٢١ ١٠٢٠ ١٠١٩ ١٠١٨ ١٠١٧ ١٠١٦ ١٠١٥ ١٠١٤ ١٠١٣ ١٠١٢ ١٠١١ ١٠١٠ ١٠٠٩ ١٠٠٨ ١٠٠٧ ١٠٠٦ ١٠٠٥ ١٠٠٤ ١٠٠٣ ١٠٠٢ ١٠٠١ ١٠٠٠ ٩٩٩ ٩٩٨ ٩٩٧ ٩٩٦ ٩٩٥ ٩٩٤ ٩٩٣ ٩٩٢ ٩٩١ ٩٩٠ ٩٨٩ ٩٨٨ ٩٨٧ ٩٨٦ ٩٨٥ ٩٨٤ ٩٨٣ ٩٨٢ ٩٨١ ٩٨٠ ٩٧٩ ٩٧٨ ٩٧٧ ٩٧٦ ٩٧٥ ٩٧٤ ٩٧٣ ٩٧٢ ٩٧١ ٩٧٠ ٩٦٩ ٩٦٨ ٩٦٧ ٩٦٦ ٩٦٥ ٩٦٤ ٩٦٣ ٩٦٢ ٩٦١ ٩٦٠ ٩٥٩ ٩٥٨ ٩٥٧ ٩٥٦ ٩٥٥ ٩٥٤ ٩٥٣ ٩٥٢ ٩٥١ ٩٥٠ ٩٤٩ ٩٤٨ ٩٤٧ ٩٤٦ ٩٤٥ ٩٤٤ ٩٤٣ ٩٤٢ ٩٤١ ٩٤٠ ٩٣٩ ٩٣٨ ٩٣٧ ٩٣٦ ٩٣٥ ٩٣٤ ٩٣٣ ٩٣٢ ٩٣١ ٩٣٠ ٩٢٩ ٩٢٨ ٩٢٧ ٩٢٦ ٩٢٥ ٩٢٤ ٩٢٣ ٩٢٢ ٩٢١ ٩٢٠ ٩١٩ ٩١٨ ٩١٧ ٩١٦ ٩١٥ ٩١٤ ٩١٣ ٩١٢ ٩١١ ٩١٠ ٩٠٩ ٩٠٨ ٩٠٧ ٩٠٦ ٩٠٥ ٩٠٤ ٩٠٣ ٩٠٢ ٩٠١ ٩٠٠ ٨٩٩ ٨٩٨ ٨٩٧ ٨٩٦ ٨٩٥ ٨٩٤ ٨٩٣ ٨٩٢ ٨٩١ ٨٩٠ ٨٨٩ ٨٨٨ ٨٨٧ ٨٨٦ ٨٨٥ ٨٨٤ ٨٨٣ ٨٨٢ ٨٨١ ٨٨٠ ٨٧٩ ٨٧٨ ٨٧٧ ٨٧٦ ٨٧٥ ٨٧٤ ٨٧٣ ٨٧٢ ٨٧١ ٨٧٠ ٨٦٩ ٨٦٨ ٨٦٧ ٨٦٦ ٨٦٥ ٨٦٤ ٨٦٣ ٨٦٢ ٨٦١ ٨٦٠ ٨٥٩ ٨٥٨ ٨٥٧ ٨٥٦ ٨٥٥ ٨٥٤ ٨٥٣ ٨٥٢ ٨٥١ ٨٥٠ ٨٤٩ ٨٤٨ ٨٤٧ ٨٤٦ ٨٤٥ ٨٤٤ ٨٤٣ ٨٤٢ ٨٤١ ٨٤٠ ٨٣٩ ٨٣٨ ٨٣٧ ٨٣٦ ٨٣٥ ٨٣٤ ٨٣٣ ٨٣٢ ٨٣١ ٨٣٠ ٨٢٩ ٨٢٨ ٨٢٧ ٨٢٦ ٨٢٥ ٨٢٤ ٨٢٣ ٨٢٢ ٨٢١ ٨٢٠ ٨١٩ ٨١٨ ٨١٧ ٨١٦ ٨١٥ ٨١٤ ٨١٣ ٨١٢ ٨١١ ٨١٠ ٨٠٩ ٨٠٨ ٨٠٧ ٨٠٦ ٨٠٥ ٨٠٤ ٨٠٣ ٨٠٢ ٨٠١ ٨٠٠ ٧٩٩ ٧٩٨ ٧٩٧ ٧٩٦ ٧٩٥ ٧٩٤ ٧٩٣ ٧٩٢ ٧٩١ ٧٩٠ ٧٨٩ ٧٨٨ ٧٨٧ ٧٨٦ ٧٨٥ ٧٨٤ ٧٨٣ ٧٨٢ ٧٨١ ٧٨٠ ٧٧٩ ٧٧٨ ٧٧٧ ٧٧٦ ٧٧٥ ٧٧٤ ٧٧٣ ٧٧٢ ٧٧١ ٧٧٠ ٧٦٩ ٧٦٨ ٧٦٧ ٧٦٦ ٧٦٥ ٧٦٤ ٧٦٣ ٧٦٢ ٧٦١ ٧٦٠ ٧٥٩ ٧٥٨ ٧٥٧ ٧٥٦ ٧٥٥ ٧٥٤ ٧٥٣ ٧٥٢ ٧٥١ ٧٥٠ ٧٤٩ ٧٤٨ ٧٤٧ ٧٤٦ ٧٤٥ ٧٤٤ ٧٤٣ ٧٤٢ ٧٤١ ٧٤٠ ٧٣٩ ٧٣٨ ٧٣٧ ٧٣٦ ٧٣٥ ٧٣٤ ٧٣٣ ٧٣٢ ٧٣١ ٧٣٠ ٧٢٩ ٧٢٨ ٧٢٧ ٧٢٦ ٧٢٥ ٧٢٤ ٧٢٣ ٧٢٢ ٧٢١ ٧٢٠ ٧١٩ ٧١٨ ٧١٧ ٧١٦ ٧١٥ ٧١٤ ٧١٣ ٧١٢ ٧١١ ٧١٠ ٧٠٩ ٧٠٨ ٧٠٧ ٧٠٦ ٧٠٥ ٧٠٤ ٧٠٣ ٧٠٢ ٧٠١ ٧٠٠ ٦٩٩ ٦٩٨ ٦٩٧ ٦٩٦ ٦٩٥ ٦٩٤ ٦٩٣ ٦٩٢ ٦٩١ ٦٩٠ ٦٨٩ ٦٨٨ ٦٨٧ ٦٨٦ ٦٨٥ ٦٨٤ ٦٨٣ ٦٨٢ ٦٨١ ٦٨٠ ٦٧٩ ٦٧٨ ٦٧٧ ٦٧٦ ٦٧٥ ٦٧٤ ٦٧٣ ٦٧٢ ٦٧١ ٦٧٠ ٦٦٩ ٦٦٨ ٦٦٧ ٦٦٦ ٦٦٥ ٦٦٤ ٦٦٣ ٦٦٢ ٦٦١ ٦٦٠ ٦٥٩ ٦٥٨ ٦٥٧ ٦٥٦