

Lean In 15 The Shape Plan 15 Minute Meals With Workouts To Build A Strong Lean Body

Joe Wicks (coach)

Lean in 15: 15-minute meals was a best-seller in 2015, having sold over 900,000 copies. He has created a "90 Day Plan" with workouts and meals with portions

Joseph Trevor Wicks (born 21 September 1985), also known as The Body Coach, is a British fitness coach, television presenter, social media personality and author. His fitness method uses High Intensity Interval Training (HIIT) workouts. Starting off by posting 15-second recipe videos on social media, Wicks grew his brand to become one of the most followed fitness accounts on Instagram and YouTube.

His first published cookbook Lean in 15: 15-minute meals was a best-seller in 2015, having sold over 900,000 copies. He has created a "90 Day Plan" with workouts and meals with portions tailored to the individual. Wicks was awarded a Guinness World Record for "most viewers for a fitness workout live stream on YouTube", after achieving over 950,000 viewers on 24 March 2020 for his second live stream...

List of Saturday Night Live commercial parodies

want to avoid small talk with men, they can use this "conversation prophylactic" in the shape of a funerary urn to make men think they want to be left

On the American late-night live television sketch comedy and variety show Saturday Night Live (SNL), a commercial advertisement parody is commonly shown after the host's opening monologue. Many of the parodies were produced by James Signorelli. The industries, products, and ad formats targeted by the parodies have been wide-ranging, including fast food, beer, feminine hygiene products, toys, clothes, medications (both prescription and over-the-counter), financial institutions, automobiles, electronics, appliances, public-service announcements, infomercials, and movie & TV shows (including SNL itself).

Many of SNL's ad parodies have been featured in prime-time clip shows over the years, including an April 1991 special hosted by Kevin Nealon and Victoria Jackson, as well as an early 1999 follow...

Pinoy Big Brother: Unlimited events

terminal resulting in a 30-minute stopover penalty. Despite being forced to stop for another 15 minutes because Tin waved to the guard at their subdivision

Pinoy Big Brother: Unlimited was a Philippine reality show based on the Big Brother franchise.

Below is a chronology of events that occurred over the course of the season from October 29, 2011, to March 31, 2012. This article also lists voluntary and temporary exits, entrances of houseguests, visitors, new housemates, and other events that affected the housemates' lives inside the House. October 29, 2011 is considered Day 1.

Wikipedia:Reference desk/Archives/Science/March 2006

act to stream off excess charge from the airplane so it doesn't build up a strong charge (which might damage instruments if it comes into contact with another

Wikipedia:Reference desk/Archives/Science/December 2005

need to consume enough calories to maintain your basal metabolic processes, enough of the essential amino acids in protein to maintain lean body mass

Wikipedia:Featured article candidates/Featured log/August 2014

on the Pimlico track, but had no timed workouts. Sherman did not like that the horse had to run again with only a two-week break, but was confident that

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The article was promoted by Ian Rose 07:55, 29 August 2014 [1]. Sind sparrow[edit] Nominator(s): —innotata 07:07, 13 August 2014 (UTC)[reply] This is article is about a somewhat obscure bird, and I think it meets the FA criteria by covering most of what there is worth saying about this species. Shyamal also contributed a good bit, and thanks to him and J. M. Garg for the article being well illustrated with images and a distribution map. —innotata 07:07, 13 August 2014 (UTC)[reply] Comments from Aa77zz[edit] There are places where I ... Wikipedia:Articles for deletion/Log/2011 February 3 <i>analogy with musical artists is not apt as the artist produces a work that it kept. There is no museum or archive of previously prepared meals. Also, I</i> &lt; 2 February 4 February &gt; Guide to deletion Centralized discussion Village pumps policy tech proposals idea lab WMF misc Updating message box icons to match Codex icons Adding Markdown to speedy deletion criterion G15 Future of Wikinews (potential merger with Wikipedia) Feedback on proposals on WMF communication and experimentation For a listing of ongoing discussions, see the dashboard. view

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Wikipedia:Good articles/all

"Movin' Out (Brian's Song)" – *"New Kidney in Town"* – *"No Chris Left Behind"* – *"No Meals on Wheels"* – *"Not All Dogs Go to Heaven"* – *"Partial Terms of Endearment"* –

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Good articles in Wikipedia

A good article (GA) is a Wikipedia article that meets a core set of editorial standards, the good article criteria, passing through the good article nomination process successfully. They are well-written, contain factually accurate and verifiable information, are broad in coverage, neutral in point of view, stable, and illustrated, where possible, by relevant images with suitable copyright licenses. Good articles do not have to be as comprehensive as featured articles (FA), but they should not omit any major facets: a comparison of the criteria for good and featured articles describes further differences.

Out of the 7,046,...

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