

# 15 Exercises Every Woman Should Do to Improve Her Sex Life

## Overview

You're only one workout away from a better sex life! Not only can you lose weight, sculpt a strong, lean body and cause your endorphins to soar, but you can also count on exercise to make your time in the sack more enjoyable. Recent research indicates that improved body image as well as doing as little as 20 minutes of exercise a day enables you to enjoy sex more and become more sexually aroused. In addition to cardio and strength training, flexibility is crucial for better sex. It helps alleviate aches and pains and allows you and your partner to experiment with positions that otherwise may be difficult. The following slides provide a series of 15 exercises and stretches you can do to enhance your time under the covers.



# 1. Squats

Squats are great for toning and shaping the legs and booty. But all that blood pumping below the waist can also improve your ability to become aroused during sex. Plus, squats strengthen and prepare you for those times you'd like to be the one on top. HOW TO DO THEM: Stand upright with your feet shoulder-width apart. Keeping the heels glued to the floor and most of your weight in your heels, initiate a bend at the waist first, then bend the knees, as if sitting into a chair. Be sure to keep the knees from passing in front of your toes to protect your knees and leg muscles from injury. Your shins should remain as vertical as possible throughout the exercise. You can also incorporate three- to five-pound weights and raise your arms to shoulder height as you squat down. Move up and down very slowly and do between 10 and 30 reps.

## 12 Essential Squat Variations to Try



# 2. Bridge Pose

Bridge pose is the precursor to pelvic tilts and Kegels (read on for more on both exercises). It strengthens the glutes,

inner thighs and hamstrings and stretches the hip flexor. Because the pelvis is inverted, bridge pose awakens the pelvic-floor muscles and can reinforce the female sex organs. This can lead to stronger, more controlled orgasms. HOW TO DO IT: Begin on the floor on your back. Lengthen through your fingertips with your arms on the floor by your sides. With your feet hip-distance apart, bend your knees then slowly lift your buttocks off the floor. As you hold the posture, keep your knees from splaying out and press through your feet, your weight evenly distributed between your feet. Do not allow your feet to roll outward. Hold the pose for 30 to 60 seconds. Lower your spine one vertebra at a time, all the way down to the tailbone.

## 10 Yoga Moves to Remove Stress and Relax You at Bedtime



### 3. Pelvic Tilt Pulses

This exercise strengthens your core and lower back, which are used often during sex. Pelvic tilt pulses will also awaken the lower abdominal region and prepare your body for Kegels (another great exercise to enhance your sex life) and prepare your body for inverted positions. HOW TO DO THEM: Lie on the

floor with your knees bent, feet hip-distance apart and arms, hands and fingertips flat on the floor. Pressing through your heels, lift your pelvis and glutes to bring your torso into a straight line (as in bridge pose). Hold your abs tight as you continue to press through the heels, squeeze the glutes and inner thighs and slightly pulse the pelvis up and down (just a couple of inches, not the full range of motion). Do 20 to 25 pulses, then slowly lower the spine, vertebra by vertebra, until you feel your tailbone touch the floor. Repeat, working up to three to five sets.

## 17 Exercises to Shape and Tone Your Booty



## 4. Kegels

The pelvic floor muscles play an integral part in orgasm, and Kegels are an easy way to improve the strength of those muscles. Additionally, they provide great sexual satisfaction and stronger orgasms (especially when Kegels are done during sex) by targeting the muscles that tighten and release during sex, making the entire experience more pleasurable for both you and your partner. HOW TO DO THEM: You can do Kegels anywhere – sitting, standing or lying down. Focus on



tightening those pelvic floor muscles (as though you're attempting to stop the flow of urine). Hold for three to five seconds and repeat. Do that for five minutes a day or throughout the day.

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## 5. Stability-Ball Pull-Ins

A strong core is essential in preventing injuries to your back when having sex. One of the best exercises to strengthen your abdominal muscles and protect your back is the stability-ball pull-in. This exercise works your core (which provides a support system for your back) as well as your upper body, boosting your endurance for on-top positions. HOW TO DO THEM: Start in a plank position with your shins supported on a stability ball. Keep your arms straight and strong. Slowly roll the ball in, using your abs to bend your knees toward the floor as you drag the ball toward your chest. Slowly roll the ball back out as you straighten your legs. Keep your upper body and hips strong throughout the range of motion to prevent injuring your lower back. Don't hunch your shoulders and lengthen through the crown of the head to be sure there is

space between your head and shoulders. For an added challenge, lift one leg off the ball as you roll the ball forward with the other leg. Then switch legs. Do two to three sets of 10 reps.

## The 15 Toughest Do-Anywhere Workout Moves



## 6. Plank Pose

Plank pose is one of the most effective ways to strengthen your entire body while focusing on your core. It not only increases your endurance and stamina at the gym but in the bedroom, too. HOW TO DO IT: Press your body straight, extending your legs back and keeping your arms strong. Think of keeping your body in a straight line from your feet to your head. Your pelvis is neither sagging too low nor elevated too high. Engage the abs, squeeze your inner thighs and butt cheeks together, tighten your quads and press your heels back so your feet are flexed. If you need to modify the pose, do your plank on your knees. Be sure your forearms are on the floor and your elbows are directly under your shoulders throughout the hold. For a more advanced version, raise one foot a few inches off the ground and hold for 10 seconds, then

switch legs without compromising your form. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds.

### 30-Day Ab Challenge



## 7. Open-Leg Rocker

“Open-leg rocker is essential for improving balance through core control and strength,” says Risa Sheppard, master Pilates certification trainer and founder of The Sheppard Method in Los Angeles. „As we strengthen our core, which includes the pelvic girdle, lower back and abdominals, it awakens not only the muscles, but all the pathways that help to enhance our sexual pleasure... [And] the open-leg portion of the exercise creates flexibility in the inner thighs, making various positions more accessible.” HOW TO DO IT: Sit upright with your knees bent into your chest, legs about shoulder-width apart. Lengthen through the crown of your head, roll your shoulders back and down and lift your chest so your back is strong. Grasp your ankles on the outside of the legs. Pull your naval deep into your spine and lean back until you are balanced on your tailbone with your feet off the floor.

Straighten both legs toward the ceiling in an open V position and balance. To initiate the rocking, inhale, draw your naval to the spine and bring your chin to your chest. Keeping your head tucked, roll backward, stopping the action and reversing it before you get to your neck. Upon return, stop and balance on the tailbone, legs open and up toward the ceiling. If you need to modify the exercise, keep your legs bent.

## Top 10 Pilates Exercises



## 8. Seated Leg Extensions

For many women, when the legs are fatigued during a workout, they may shake or quiver. This is a good thing while working out, but in the bedroom, not so much. You want to know you can count on your legs to go the distance. And seated leg extensions are a simple way to strengthen your legs and increase stamina. HOW TO DO THEM: Sit in a chair, roll your shoulders back and down and lift your chest. Bend your knees at a 90-degree angle with your feet flat on the ground. Make sure your ankles are directly under your knees. Grip the sides of the chair without hunching your shoulders or tightening your neck, upper back or shoulders. Keep the hips firmly



planted on the chair as you lift and unbend one leg and lift the leg straight up slowly, until it reaches hip height. Slowly bring the foot back down. To modify the exercise, shorten your range of motion in the leg you are lifting, taking the leg half the distance. For an added challenge, lift both legs at once. Do at least two to three sets of 10 reps on each leg.

## 10 Machine-to-Free-Weight Swaps



## 9. Triceps Dips

Solid arm strength is crucial for many everyday tasks, but especially during sex. Working the triceps will strengthen and enable you to prop yourself up without tiring in underneath positions. HOW TO DO THEM: Sit with the heels of your hands on the edge of a sturdy chair, knuckles rolled down toward the ground to alleviate wrist strain. Place your feet hip-width apart and bend your legs at a 90-degree angle, making sure your ankles are directly below the knees (they can also be further out in front of the knees or completely straightened, if you'd like a challenge). Slowly slide your butt off the seat, supporting your weight with your hands and arms. Keeping

the elbows facing directly behind you, bend the elbows and slowly lower your butt toward the floor. Keep the elbows pointing straight back behind you, and bend them to about a 90-degree angle (don't overstretch the front of your shoulders by going too low to begin with). Slowly push back up until your arms are straight. Need more of a challenge? Hold your feet and legs in a figure-four position (one ankle sits on the other leg's thigh, with the top foot flexed). Do five to 10 of these before switching legs.

## Upper Body Workout Routines for the Gym



## 10. Push-Ups

Just like planks, push-ups strengthen your core, shoulders, glutes and legs with the added bonus of improved strength in your arms and chest. Also, the intensity that comes from doing push-ups will increase your stamina and endurance. HOW TO DO THEM: Start a plank position. Be sure your pelvis does not sag too low or lift too high (think about keeping your body as straight as a board). Inhale as you lower your chest until it almost touches the floor. Exhale as you press back up to the starting position. Avoid hunching your shoulders into your

neck by lengthening out of the crown of the head to create space between your head and shoulders. To make push-ups easier, separate your feet to hip-distance apart or do push-ups on your knees. Or if you want to make them harder, place your feet on a step or bench.

### 30-Day Abs Challenge



## 11. Bridge Bench Press

Women who shy away from on-top positions during sex often do so because of the exertion involved. The bench press will definitely increase your arm and chest strength, but this variation takes it a step further by doing it while in bridge pose. Bridge wakes up those pelvic floor muscles (the ones that help control your orgasms), improving blood flow to the entire area and waking up the receptors that allow for more pleasure during sex. HOW TO DO IT: Lie on your back with three- to five-pound dumbbells easily accessible. Bend your knees and keep your feet about hip-distance apart. Slowly lift your glutes up into bridge pose. Holding the dumbbells, bring your elbows out to the sides of your shoulders with your dumbbells up toward the ceiling, making a goal-post shape with

your arms. Slowly press the dumbbells straight toward the ceiling, then slowly return back to the goal-post position. As a modification, try this on an incline bench and start with lower weights. Or for an added challenge, cross one leg over the other, ankle placed on the grounded leg's thigh. Do half of your reps and carefully switch legs. Do 10 to 20 reps and release your bridge in between sets. When you are finished, lower one vertebra at a time, all the way down to the tailbone. Do three to five sets.



## 12. Upward-Facing Dog

Upward dog strengthens many of the muscle groups required by a wide variety of sex positions – the lower back, the glutes and the arms – while stretching the core, psoas and hip flexors. And yogis have long believed it to increase energy and blood flow to the pelvic region. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and raise your torso by pressing through the hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of the head so you don't hunch your shoulders into your neck. Breathe regularly for about 15 to 30



seconds. If you're advanced, your thighs should lift off the ground.

## 5 Yoga Poses to Firm the Butt



## 13. Happy Baby Pose

Happy baby is an excellent stretch for the lower back, glutes, hamstrings and hips. It's also a great counter-stretch to upward dog, because it relaxes and opens tight lower-body muscles. HOW TO DO IT: Lie on your back with knees bent in toward the chest, the soles of your feet flexed and parallel to the ceiling. Line your ankles up with your knees so your shins are vertical. Keep your tailbone down as you grab the outsides of your feet with your hands and pull them down so the knees move toward the floor on the outsides of your rib cage. Relax your neck and breathe deeply, lengthening the breath as you go. With each exhale, and without compromising form, pull the knees toward the floor. Hold this pose for three to five minutes.

## The Best Yoga Poses for Runners



## 14. Seated Straddle Stretch

The average person sits at a desk most of the day, which constricts and stagnates the muscles in the pelvis and groin. Straddle increases blood flow to that area, which means increased sensation and easier orgasms. It also stretches the inner thighs, making you more flexible and ready to play with some more adventurous positions. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and, while lifting the chest, slowly press your torso as far forward as you can comfortably go without rounding your back. Reach your hands to your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



## 15. Reclined Butterfly Pose

This version of the yogic butterfly pose will open up your hips and stretch your inner thighs. It targets the muscles that are constantly stretched and challenged in a multitude of sexual positions, enabling you to be strengthened, loosened up and ready for your partner. HOW TO DO IT: Lie on your back and, keeping the tailbone down, bend your legs toward your chest, soles of the feet together. Grab your feet and pull them toward your chest as you use your elbows to press the knees outward. Be careful not to let your head arch back too far. Keep the neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga Poses to Help Bad Knees



## What Do YOU Think?

Have you ever done any of these exercises? Have they had an impact on your sex life? Are there any others that you swear by to give you an extra boost in the bedroom? Share your experiences and suggestions in the comments below!

13 Exercises Every Man Should Do to Improve His Sex Life

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# 13 Exercises Every Man Should Do to Improve His Sex Life

## Overview

Want to give your sex life an added boost? It's as simple as



hitting the gym. Exercise increases energy, tones your muscles, burns fat and improves your mood and self-image. But for more reasons than you may know, exercise can also improve your sex life. For instance, research shows that if you burn as little as 200 additional calories a day, you can lower your risk of erectile dysfunction. In addition to cardio and strength training, stretching is also loosens you up, enabling you to experiment with different positions. So even if you already have a pretty great sex life, try incorporating these 13 exercises and stretches into your workout routine and reap the benefits in the bedroom.



## 1. Kegels

You read that right. Kegels are a beneficial exercise for men, too. They improve endurance and control by toning and strengthening the pubococcygeus (PC) muscles (the muscles that stop the flow of urine) and the perineal muscles (the muscles that support erectile rigidity and provide the power behind ejaculation). “Pelvic floor muscle training can prove helpful in many situations: overactive bladder, erectile dysfunction [and] premature ejaculation,” says Andrew L. Siegel, M.D., co-creator of the Private Gym pelvic floor muscle-training

program for men. HOW TO DO THEM: Start by interrupting the flow of urine when going to the bathroom to get familiar with the PC muscles. Once you're familiar with them, your goal will be to progressively increase the squeeze duration, intensity and number of reps until you tire. But when you do them, don't hold your breath, push down or tighten your stomach, buttocks or thigh muscles. Work up to five-second squeezes, relaxing in between each contraction, for 10 to 20 reps.

## How to Treat Erectile Dysfunction Without Medication



## 2. Plank Pose

Holding a plank is one most effective ways to increase your endurance and stamina at the gym and in the bedroom. Planks give your arms staying power for missionary or other on-top positions. They also strengthen your core, which helps to improve thrust and supports your back to prevent injury. HOW TO DO IT: Start at the top of a push-up with your hands shoulder-width apart, arms strong and pelvis level. Think of your body as a solid wooden plank. While there, engage the abs, squeeze the inner thighs and butt cheeks together, tighten the quads and press the heels back so the feet are

flexed. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds. You can modify the pose by doing your plank on your knees, keeping the arms fully extended to the floor or by doing plank on your forearms. For an added challenge, place one foot heel to toe on top of the other and hold for 10 seconds, and then switch legs without compromising form in the rest of your body.

### 30-Day Ab Challenge



## 3. Stability-Ball Crunches

This variation of the standard abdominal crunch requires balance and stability and targets your core. A stronger core improves your thrusting ability and strengthens your back, which can often be injured during sex, and the ability to balance in a variety of sex positions. HOW TO DO THEM: Place your middle to lower back on a large stability ball, with your feet (about hip- or shoulder-distance apart) planted firmly on the floor. Place your fingertips behind the nape of your neck, roll the shoulders back and slowly, while lifting through the chest, raise your upper body until your abdominal muscles

tighten. Take it as high as you can manage without compromising form. Slowly return to your starting position and repeat. Work up to three sets of 30 crunches.

## 21 Sit-Up Variations You Won't Totally Hate



## 4. Lying Leg Raises

Lying leg raises provide an intense core workout, which helps improve thrust and provide mild engagement in the quads and glutes, helping you last longer in upright positions. HOW TO DO THEM: Lie flat on your back with your legs stretched out in front of you. If you have any back issues, fold a towel and put it under the small of your back. With precision and control, raise your straight legs up toward the ceiling and stop when your legs are perpendicular to your body and the floor. Then, slowly lower your legs back down until they are about an inch off the floor. If the exercise feels too easy, try to lower more slowly. Repeat five times then rest for 30 seconds. Start with three sets and increase repetitions and sets as you get stronger. To modify this exercise, start with your legs bent at the knees and calves parallel to the floor. From there, straighten the legs to the ceiling then slowly



lower the legs back into the bent-knee position. Lower your bent legs toward the floor until the toes are an inch from the ground. Return to the start and repeat.

### 3 Cardinal Rules of Fast Six-Pack Abs



## 5. Push-Ups

Push-ups strengthen your upper body and core, providing increased all-around endurance and enabling you to rock those on-top positions during sex. If you commit to doing them regularly, you'll notice a difference in your staying power, your ability to maintain a strong thrust and your overall core and upper-body strength during sex. HOW TO DO THEM: Begin in a plank position, hands directly under the shoulders and feet hip-distance apart. Do not allow your pelvis to sag too low or lift too high. Lower your chest to the floor and slowly press back up. Do as many of these as you can manage at least twice a week. To modify, take your feet slightly wider apart or drop to your knees, keeping a solid plank position from your neck to your knees. For added intensity, bring your feet together and your hands in slightly. Try adding a clap between push-ups or do one-armed push-ups if you're feeling really strong.

## 30-Day Push-Up Challenge



## 6. Stability-Ball Bench Press

The bench press strengthens the pecs, deltoids, forearms, biceps, triceps, lats and abdominals, especially when done on a stability ball. That increased muscle mass and decrease in fat (though regular exercise and a healthy diet) not only makes you look and feel better, it will also prepare your body for whatever you and your partner choose to do between the sheets. HOW TO DO THEM: Place your middle to lower back on a large stability ball with your feet planted firmly on the floor about hip- or shoulder-distance apart. From a goal-post position, push a pair of dumbbells (start with 20 pounds and increase from there) straight up, directly over the chest. Do three sets of 25 reps. Being on the stability ball will provide the added core and balance workout – also great for enhancing your bedroom performance!

Get Superhero Arms With Ascending Trisets



## 7. Squats

Because squats are known to increase testosterone levels and to increase blood flow to the pelvic region (making orgasms more intense), they're an incredible exercise for enhancing sex. They'll also strengthen your lower body for a more powerful thrust both while you're on top and while your partner is on top. HOW TO DO THEM: With a dumbbell in each hand held straight down at your sides, bend at the hips and knees to squat as low as you can while keeping your back straight. Keep your shins as vertical as possible and your knees directly over your ankles. As you lower, slowly raise your arms straight out in front of you to shoulder height. Drive through the heels and you will naturally lean forward a bit in the upper body for balance. Slowly rise to standing as you lower your arms back down to your sides to complete one rep. Do at least 15 reps.

12 Essential Squat Variations to Try



## 8. Stationary Lunges

Lunges in general are great for building strength, endurance, mobility, balance and core stability. But lunges also increase blood flow to your pelvic region, enhancing your action in the bedroom. They'll help out when you could use an extra dose of balance and hip flexor mobility or when you'd like to go a little longer. HOW TO DO THEM: Stand up straight and tall – holding a pair of dumbbells at your sides for added intensity – then step one foot forward about a foot and a half. Bend both knees to 90 degrees, stopping when your back knee is about an inch from the ground. Be sure to keep your front knee doesn't pass over your front toes. Drive through the front heel to stand back up. Do 15 reps before switching legs or alternate legs as you go.

11 Simple Ways to Add Variety to Your Strength-Training Routine





## 9. Interval Training

Doing interval training will increase your stamina and endurance. And you can do intervals just about anywhere – outside on a track, at the park or on a bike, elliptical, stair climber or treadmill. HOW TO DO IT: After your warm-up, start your intervals at full speed, going as hard and fast as you can, and push yourself for at least 30 seconds. Then back off for a minute or two. Repeat this several times. Add these to your workout a couple of times a week and soon you'll be ready to go longer or be ready whenever your partner wants to go again.

The Optimal Training Program to Build Strength and Performance in 4 Weeks



## 10. Upward-Facing Dog

Upward-facing dog is a yoga pose that stretches the core, psoas and hip flexors, increasing energy and blood flow to the pelvic area. This stretch also protects your lower back for any heavy lifting you do at the gym or bedroom. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and lift your torso by pressing through your hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of your head so you don't hunch the shoulders into the neck. Breathe regularly for 15 seconds or longer. If you are advanced, your thighs will lift off the ground.

10 Yoga Moves to Remove Stress and Relax You at Bedtime



## 11. Seated Straddle Stretch

If you sit at a desk or work at a computer for hours a day, it can constrict and stagnate the muscles below the waist. Doing a straddle stretch will loosen things up, bringing blood flow back to the pelvic and groin region. Increased blood flow means increased sensation, which means better orgasms. It's also an excellent inner-thigh stretch, which will enable you to introduce some adventurous positions in the sack. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing up toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and slowly lean as far forward as you can comfortably go while keeping your back straight. Reach for your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper without curving or hunching your back. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



## 12. Reclined Butterfly Pose

This stretch loosens up your inner thighs and your hips, the muscles that are constantly stretched and challenged in a variety of sexual positions. By adding the butterfly stretch to your workout, you'll be strong, loosened up and ready for action! HOW TO DO IT: Lie down on your back and bend your legs in toward your chest, soles of the feet together and your tailbone down. Grab your feet and pull them in toward your chest as you use your elbows to press the knees out. Be careful not to let your head arch too far back. Keep your neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga for Runners





## 13. Twisting Forward Bend

This two-part stretch will feel like a full rejuvenation to a lot of those muscles that tend to fatigue easily. It reaches the inner thighs, hamstrings, obliques, pecs, triceps and lats. If you only do part one, you'll notice a huge difference, but try both if you can. HOW TO DO IT: Sitting on the floor, extend your left leg out straight, tucking the bottom of the right foot flat against the left inner thigh (right thigh flat on the floor). Twist your torso so your chest is squared toward your bent right knee. Wrap your right arm toward the back and around the back of the waist and try to grab hold of your left thigh with your right hand. Take your left arm/hand and reach for your calf, ankle or toes, without bending your left knee. Roll the right shoulder back and open the chest by pushing the middle back forward. Breathe and hold this stretch for several seconds up to a minute. For the second part, release your right arm and move it slowly up toward the ceiling and around toward the toes. As you do that, take the crown of the head toward your toes. Bring your right palm down toward the floor and, with each breath, lengthen through the right fingertips toward your left toes. Breathe

and hold for about 30 seconds. Slowly rise, bring both legs forward to shake them out and switch sides.

## Yoga Postures to Help Bad Knees



## What Do YOU Think?

Have you ever done any of these exercises with the intention of improving your sex life? Are there others you've tried? Share your experiences and suggestions with the Livestrong community in the comments below.

15 Exercises Every Woman Should Do to Improve Her Sex Life

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## How Manual Transmission Works

# – EXTRA SIMPLE and POWERFUL TUTORIAL – Beautiful Video!

The transmission is the gearbox, which is part from the engine which rules the power and the torque. Since the appeal of the cars in the 19<sup>th</sup> century the gearbox is serving the cars with loyalty. The first cars were coming with manual transmission gearbox which today is still of the most popular transmission models.

Many of us actually don't know how really the manual gearbox is functioning, so do we! Thanks to this beautiful explanation brought to us by YouTube channel Learn Engineering many things for us are clearer, we hope for you too.

Literally the gearbox is ruling the power of the engine, if you want to deliver more speed than the transmission reduces the torque, if you need more powerful torque, perhaps you need to climb a hill then you downgrade the gears, which means higher torque less speed. That's how they are related.

Manual transmission works on the principle of gear ratio,  $N_1/N_2 = T_1/T_2$  where T is number of teeth and N is speed. The simple transmission work was complex and noisy to shift from one gear to another, which you will see it in the video, but that problem is solved with the constant mesh transmission.

But we'll let you watch the video because we don't want to confuse you with more text, yeah, it needs to be seen. Enjoy the video.

Sursa video: [youtube.com](https://www.youtube.com)

Sursa articol: [nocarnofun.com](https://www.nocarnofun.com)

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# 25 rubber band life hacks

[https://www.youtube.com/watch?v=ZNHSt0Jb\\_NM](https://www.youtube.com/watch?v=ZNHSt0Jb_NM)

Sursa: youtube.com

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## THEY SAID COCONUT OIL WAS GREAT FOR YOU, BUT THIS IS WHAT THEY DIDN'T TELL YOU

While traveling through Thailand, my partner and I joked about buying a coconut plantation because it seems that everything now-a-days is coconut based!

- coconut oil
- coconut butter
- coconut shreds
- coconut water
- coconut milk and cream
- coconut flour
- and even coconut soya sauce (try it, it's actually delicious)

Coconut (*C. nucifera*) belongs to the Arecaceae (Palmae) family and the subfamily Cocoideae.

The flesh of the coconut is very high in healthy fatty acids. The composition of fat varies depending on the type and processing of the oil. Medium-chain saturated fatty acids make



up approximately 90% of coconut oil with a slight contribution of mono-unsaturated fatty acids and poly-unsaturated fatty acids.

## **What's so good about Medium Chain Fatty Acids?**

Medium-chain saturated fatty acids (MCFA's) are easily digested, absorbed, and utilized by the body, while freely crossing the blood-brain barrier in the unbound form, which means it can be used by the brain as an energy source but also for neurological health.

What's also great is that virgin (unrefined) coconut oil is affordable, readily available, delicious and completely natural. It's also...

- Anti-carcinogenic (prevents the spread of cancer cells and enhances the immune system)
- Anti-inflammatory
- Anti-microbial/ Infection fighting (bacteria, viruses, yeast, fungi, parasites and protozoa)
- An antioxidant (protects against free-radical formation and damage)
- Improves nutrient absorption (easily digestible; makes fat-based vitamins more available to the body – ie. vitamin A, D, E, K)
- Nontoxic to humans and animals

## **Coconut Oil for Personal Hygiene and the Body**

1. **Age Spots** (also known as liver spots) – applying coconut oil directly to the age spot will help it fade.
2. **After Shave** – coconut oil will help heal your skin after shaving without clogging pores. Great for razor burn!

3. **Baldness** – combine coconut oil with lavender, rosemary, thyme, cedarwood, Jojoba oil, Grapeseed/castor oil and a little cayenne pepper. Apply three times a day (or before bed) to affected area of hair loss and massage in. Coconut oil and these essential oils supports cell regeneration.
4. **Body Scrub** – mix coconut oil and salt together and rub all over! Rinse off and your skin will be super soft. You can add in essential oils if you would like a specific smell.
5. **Bruises** – applied directly to the bruise, coconut oil enhances the healing process by reducing swelling and redness.
6. **Bug Bites** – when applied directly to a bug bite, coconut oil can stop the itching and burning sensation as well as hasten the healing process.
7. **Burns** – apply to burn site immediately and continue applying until healed. Will reduce the chances of permanent scarring and promotes healing.
8. **Chapstick** – just rub a little into lips and it not only acts as a softening agent but it also has an SPF of about 4 so you get a little protection!
9. **Cradle Cap** – having issues with dry skin on your baby's scalp? Coconut oil will not only nourish your baby's skin, it also helps eliminate cradle cap. Just rub a teaspoon onto scalp daily.
10. **Dandruff** – coconut oil soaks into the scalp moisturizing dry skin and relieves symptoms of dandruff. It also helps to control oil secretion from the scalp, another leading cause of dandruff.
11. **Deodorant** – coconut oil alone can be used as a deodorant, but even more effective in combination with cornstarch/arrowroot powder and baking soda.
12. **Diaper Salve** – very comforting on a rashy bum with no harsh chemicals. Also safe for cloth diapers.
13. **Eye cream** – apply under the eyes to reduce puffiness, bags and wrinkles. Use on the lids in the evening.

14. **Face Wash/ Soap** – mix equal parts coconut oil with olive oil, almond oil, avocado oil and castor oil and use in place of soap when washing your face. Wet face, rub oil in and leave on for two minutes, rinse and pat dry. One teaspoon should be adequate.
15. **Hair conditioner/ Deep Treatment** – use as a leave-in hair conditioner by applying a teaspoon of coconut oil to your ends and then running your fingers through your hair to distribute the rest. For a deeper treatment, rub in a tablespoon of coconut oil onto your dry scalp and gently work through to the ends. Put a shower cap on to prevent transfer onto bed linens and leave on overnight.
16. **Hair Gel/ Defrizzer** – rub a little between your palms and either scrunch into hair (for curly hair) or finger comb in through from scalp to ends (for wavy/straight hair).
17. **Healing** – when applied on scrapes and cuts, coconut oil forms a thin, chemical layer which protects the wound from outside dust, bacteria and virus. Coconut oil speeds up the healing process of bruises by repairing damaged tissues. Plus, it smells a heck-of-a-lot better than anything from the pharmacy.
18. **Lubricant** – it is an all-natural, perfectly safe personal lubricant for masturbation and sex. Not compatible with latex!
19. **Makeup Remover** – use a cotton swab and a dab of coconut oil and you would be amazed at how well it works!
20. **Massage Oil** – pretty simple; grab some and rub!
21. **Moisturizer** – simply scoop some out of the jar and apply all over your body, including neck and face. Often lotions are water-based and can dry out your skin even more.
22. **Nipple Cream** – works great to nourish cracked, sore or dry nipples. Apply to a cotton ball and leave on your nipples between feedings.
23. **Acne Skin Fix** – prone to oily skin or an oily T-zone? Use a pea sized amount underneath makeup or alone to

reduce oil gland stimulation. Often acne prone skin is actually too dry, which signals your glands to produce more oil and clogs the pores.

24. **Pre-Shave** – coconut oil will prep skin for the pending damage caused by shaving.
25. **Skin Conditions** – coconut oil can relieve skin problems such as psoriasis, dermatitis, and eczema.
26. **Stretch Marks** – coconut oil is great at nourishing damaged skin. It may not be the magic stretch mark cure but it will help.
27. **Sun Burn Relief** – rub liberal amounts of coconut oil into the affected area.
28. **Sunscreen** – It's not high, but coconut oil does have an SPF of around 4.
29. **Swimmers Ear** – mix garlic oil and coconut oil and put a few drops in affected ear for about 10 minutes. Do this 2-3 times a day and it usually works within one or two days.
30. **Tattoo Healing and Moisturizer** – continued use of coconut oil on tattoos will help keep the pigment from fading. Used on new tattoos, coconut will hasten the healing process and decrease the chance of infection.
31. **Toothpaste** – there are numerous recipes out there but I just mix coconut oil and baking soda and dab a little of the mix on my toothbrush.
32. **Wrinkle Prevention and Wrinkle Reducer** – rubbing coconut oil on wrinkles and sagging skin helps strengthen the connective tissues to bring back that youthful look!

## Coconut Oil for General Health and Wellness

33. **Breastfeeding** – for breastfeeding moms, consuming 3  $\frac{1}{2}$  tablespoons of coconut oil daily will enrich the milk supply.
34. **Bones and Teeth** – coconut oil aids in the absorption of calcium and magnesium leading to better development of



bones and teeth.

35. **Digestion** – the saturated fats in coconut oil help control parasites and fungi that cause indigestion and other digestion related problems such as irritable bowel syndrome. The fat in coconut oil also aids in the absorption of vitamins, minerals and amino acids, making you healthier all around.
36. **Fitness** – coconut oil has been proven to stimulate your metabolism, improve thyroid function, and escalate energy levels, all of which help decrease your unwanted fat while increasing muscle.
37. **Insulin Support** – Improves insulin secretion and utilization of blood glucose making it great for both diabetics and non-diabetic.
38. **Lung Function** – increases the fluidity of cell surfaces.
39. **Nausea** – rub some coconut oil on the inside of the wrist (PC 6) and forearm to calm an upset stomach.
40. **Nose bleeds** – coconut oil can prevent nose bleeding that is caused by sensitivity to weather such as extreme heat and extreme cold. This condition happens when the nasal passages become dry because of cold or dry air resulting to burns and cracks in the mucus membranes so bleeding happens. To prevent this just put coconut oil in your nostrils. Doing this will strengthen and protect the capillaries in the nasal passages.
41. **Gum Health** – oil pulling with coconut oil offers a two for one health benefit!
42. **Stress Relief** – relieve mental fatigue by applying coconut oil to the head in a circular, massaging motion. The natural aroma of coconuts is extremely soothing thus helping to lower your stress level.
43. **Vitamin and nutrient absorption** – makes fat-based nutrients more available to the body – ie. vitamin A, D, E, K
44. **Weight loss** – the saturated fats contribute to weight loss and controlling cravings.
45. **Mental Cognition and Productivity** – medium chain

triglycerides freely pass the blood-brain barrier and allows an alternate source of energy to improve cognition.

## Coconut Oil for Internal Health Problems

– when taken internally it is known for aiding, preventing, and relieving these health issues

46. **Acid Reflux/ Indigestion** – if taken after a meal
47. **Adrenal and Chronic Fatigue**
48. **Allergies** – seasonal hay fever
49. **Alzheimer's/Dementia** – read my research here
50. **Asthma** – even in children
51. **Autism**
52. **Bowel function** – constipation, IBD (inflammatory bowel disease), gut infections
53. **Bronchial Infections and Cystic Fibrosis**
54. **Cancer** – has been shown to prevent colon and breast cancer
55. **Candida Albicans**
56. **Cholesterol** – improves HDL ('good' cholesterol) to LDL ('bad' cholesterol) ratio in people with high cholesterol
57. **Poor Circulation** – feeling cold all the time or edema, especially in the extremities, apply coconut oil to the skin in a light circular pattern towards the heart. Similar to dry skin brushing
58. **Colds and Flues** – as an anti-microbial and anti-inflammatory agent
59. **Mild Depression and Cognitive Dis-ease** – in conjunction with CBT (cognitive behavioural therapy), fish oil and other treatment strategies
60. **Diabetes** – helps keep blood sugar levels stable and helps with cravings
61. **Epilepsy** – known to reduce epileptic seizures
62. **Flaky, Dry Skin** – poor oil intake often results in dry

skin and dandruff

63. **Gallbladder Disease** – dietary oils can help increase bile flow, which can be helpful for gallbladder issues, but possibly harmful (ie. Gallstones)
64. **Gas** – foul gas is often due to imbalance in the gut bacteria. Coconut oil is a mild anti-microbial to help re-establish healthy gut flora
65. **H. pylori** – oral intake. Occasionally, antibiotic treatment may be necessary.
66. **Heart Disease** – protects arteries from injury that causes atherosclerosis
67. **Hemorrhoids** – can applied externally or internally twice a day
68. **Hot Flashes**
69. **Immune System Builder**
70. **Irritable Bowel Syndrome** – alternating diarrhea and constipation are key signs of IBS
71. **Jaundice**
72. **Kidney Disease and Stones** – aids in dissolving small stones
73. **Liver Disease**
74. **Lung Disease**
75. **Malnutrition**
76. **Mental Clarity**
77. **Menstruation Relief** – regarding pain/cramps and heavy blood flow
78. **Migraines** – with regular use
79. **Pancreatitis**
80. **Periodontal Disease and Tooth Decay**
81. **Prostate Enlargement** – BPH, benign prostatic hyperplasia
82. **Stomach Ulcers** – helps soothe stomach lining and limit H. pylori growth
83. **Thrush**
84. **Thyroid Function** – can help regulates an overactive or underactive thyroid
85. **Urinary Tract Infections and Bladder Infections**

# Coconut Oil and Topical Health Problems

– when applied topically it is known for aiding, relieving, or even curing these health issues

- 86. **Acne** – Often acne prone skin is actually too dry, which signals your glands to produce more oil and clogs the pores.
- 87. **Head Lice** – topical application
- 88. **Allergies/Hay Fever** – rub a little inside the nostrils for quick relief. The pollen will cling to the oil.
- 89. **Athletes Foot**
- 90. **Toenail Fungus**
- 91. **Back Pain and Sore Muscles**
- 92. **Boils and Cysts**
- 93. **Cellulite**
- 94. **Circumcision healing** – although I don't support circumcision, coconut oil may help with healing.
- 95. **Decongestant** – rub coconut oil on the chest and under the nose when congested from a cold or allergies
- 96. **Ear infection** – place a few drops of coconut and garlic oil inside the ear twice daily for relief from pain. Also fights the infection itself.
- 97. **Genital Warts** – genital warts often go away on their own after 2 years of the initial infection. Addition of topical coconut oil application over 6 month may be helpful
- 98. **Gum Disease, Gingivitis and Canker Sores** – use as a toothpaste or rub directly on gums
- 99. **Herpes** – applied topically and taken internally
- 100. **Hives** – reduces the itch and swelling
- 101. **Pink eye** – applied around and in the eye

## BONUS: Coconut Oil and Pets/ Animals

Check with your veterinarian but the recommended dosage for animals is 1/4 teaspoon for every 10 pounds of body weight



twice daily.

- 102. **Aids healing of digestive disorders** – like inflammatory bowel syndrome and colitis
- 103. **Aids in arthritis or ligament problems**
- 104. **Aids in elimination of hairballs and coughing**
- 105. **Promotes the healing** – when applied topically to cuts, wounds, hot spots, dry skin and hair, bites and stings
- 106. **Clears up skin conditions** – such as eczema, flea allergies, contact dermatitis, and itchy skin
- 107. **Disinfects cuts** – and promotes wound healing
- 108. **Great for dogs and cats for general wellness** – Just add a teaspoon to their water bowl daily.
- 109. **Helps prevent or control diabetes**
- 110. **Helps sedentary dogs feel energetic** – Medium-chain triglycerides (MCTs) have been shown to improve brain energy metabolism and decrease the amyloid protein buildup that results in brain lesions in older dogs.
- 111. **Helps reduce weight** – increases energy
- 112. **Improves digestion and nutrient absorption**
- 113. **Makes coats** – coat becomes sleek and glossy, and deodorizes doggy odor
- 114. **Prevents and treats yeast and fungal infections** – including candida
- 115. **Reduces allergic reactions and improves skin health**
- 116. **Reduces or eliminates bad breath in dogs**
- 117. **Regulates and balance insulin and promotes normal thyroid function**

## **BONUS: Other Uses for Coconut Oil**

- 118. **Chewing Gum in Hair Remover** – just rub some coconut oil over the stuck chewing gum, leave in for about 30 minutes, then roll the gum between your fingertip. Voila! It's out!
- 119. **Goo Gone** – just mix equal parts coconut oil and baking soda into a paste. Apply to the “sticky” area and let it

set for a minute. Then scrub off with an old toothbrush or the scrubby side of a sponge.

- 120. **Insect repellent** – mix coconut oil with peppermint oil extract and rub it all over exposed skin. Keeps insects off better than anything with DEET! Tons safer too.
- 121. **Moisturizing and cleaning leather products**
- 122. **Oiling wood cutting boards and wood bowls**
- 123. **Polishing Bronze** – all you have to do is rub a little oil into a cotton towel and then wipe down the statue. It cleans and helps deepen the color of your bronze.
- 124. **Polish Furniture** – coconut oil with a little bit of lemon juice to polish wood furniture. However, I recommend you test it first on a very small, unobtrusive part of your furniture to make sure it works the way you'd like.
- 125. **Seasoning animal hide drums**
- 126. **Seasoning cookware**
- 127. **Soap making** – coconut oil can be used as one of the fats in soap.

Did we miss any? Do you use coconut oil for something not on the list?

Please share this post on your social medial wall and add your favorites with #101CoconutOil #healthyfats @DrAlisonChenND.

I am always excited to find new ways to implement coconut oil!

Sursa: [yaadhustletv.com](http://yaadhustletv.com)

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## 16 Tips And Tricks To Make

# You A Better Cook In The Kitchen

Most of us learned our skills in the kitchen from watching other people. This means that every bad habit, every incorrect assumption, and every misinformation that they cooked under was passed on to you and you unassumingly adapted it, thinking it was right. Don't worry! I'm about to clear it all up for you. From ways to cook that you have never even heard of, to things you're (probably) doing wrong, I'm about to lay it all out for you. Your chef skills are about to be sharpened. I hope you're ready for this.

*Share this article with the cooks and bakers in your life!*

## 1. Stewed beef shouldn't be cooking ALL day

There is this idea that the longer the beef cooks, the better it will be. This is false. The meat actually breaks down and dries out when it's cooked too long. For the best meat, you should actually check in on what's happening when 80% of the cooking time is up.



via **Serious Eats**

## 2. Perfect pasta starts with cheese paste

While tomato sauce is delicious, and alfredo sauce is decadent, you're missing out on an amazingly perfect sauce because you have never tried this. This sounds like crazy talk, but by grating cheese (parmesan and romano), add in pepper, and a small amount of cold water, you can make a

cheese paste. This cheese paste, combined with the salted pasta water, ends up making this wonderful cheese sauce that is going to become one of your favorite ways to eat pasta once you try it.



via Shane Ferro / Business Insider

### **3. The perfect turkey isn't complicated**

To brine or not to brine. Slow cooker? Roasting pan? Secret spice rub? Basting? Don't baste? People have strong opinions on what makes the best turkey. BUT if you just strip it down to the basics, here is the perfect uncomplicated way to cook a turkey.



via Emma Christensen / The Kitchn

### **4. If you're not par-cooking your filling, you're not making your apple pie correctly**

Okay, so I know that this goes against what SEEMS right, but par-cooking your filling will actually ensure that your apples don't turn to mush when you bake them. Because, science.



via Serious Eats

### **5. Cornstarch for crispy sweet potato fries**

If you've been trying to make crispy sweet potato fries in the

oven like you would with normal potatoes, you're doing it wrong. You actually need to coat them in cornstarch before you toss them in your seasoning and olive oil.



**via Layers of Happiness**

## **6. Creaming your butter and sugar isn't a suggestion**

Since we're such a busy society, we've learned to cut corners when it comes to a lot of things in order to save time. Well, when it comes to baking cookies, that "cream butter and sugar" step isn't a suggestion—it's a commandment. Creaming butter and sugar helps with the leavening of a cookie. It incorporates air pockets into the mixture. It's going to help you achieve those thick, chewy cookies that you're craving. Make sure that you cream for five minutes, that you scrape down the sides of the bowl as you go, and that your butter isn't too warm.



**via Serious Eats**

## **7. Stop over-mixing your pancakes**

Pancake batter should be lumpy. If you mix it smooth, you're actually in for a denser, chewier pancake. By keeping lumps in your batter, you're ensuring the opportunity for light and fluffy pancakes.





via The Kitchn

## **8. Hard boil your eggs perfectly every time**

Making hard boiled eggs does not have to be a guessing game. Here are the steps to perfectly hard boiled eggs every time:

Put your eggs into the pot and add cold water (if you add vinegar to help with the peeling, you can do so here). Bring your water to a boil. Turn off the burner and put a lid on the pot. Wait for 10-12 minutes. You're done! They are now cooked.



via Simply Recipes

## **9. Swap cream cheese for the condensed milk in pumpkin pie**

Soggy crusts and grainy texture are common problems when it comes to pumpkin pie. You can easily change this. Swapping out the sweetened condensed milk for cream cheese will ensure a smooth texture and will keep your crust flaky. It also will enhance your pumpkin flavor.



via Serious Eats

## **10. For a baked potato that is going to change your life, it all starts with how you cut it**

This is basically like a blooming onion but a potato version and it's perfect.



via The Gunny Sack

## **11. Stop rushing your scrambled eggs**

The secret ingredient to scrambled eggs? Patience. The biggest mistakes people make is not putting enough time into whisking them before cooking, adding too much milk, and rushing the process by cooking with too high of heat.



via flickr / Hamburger Helper

## **12. You're not roasting your veggies...you're baking them**

Technically if you're roasting your veggies at a temperature less than 500° then you're baking them, not roasting them. Get that heat up high. Also remember that veggies like potatoes that are denser should be cut smaller. Also give your veggies a ton of space. Crowding them will cause steaming, rather than roasting.



via SheKnows

## **13. Touch your meat**

The best way to know if your steak is done is with a thermometer, but if you don't have one, your hand will work just fine. If your hand is open and you touch the fleshy part under your thumb, that's how rare meat should feel. When you touch your thumb to your pointer finger and press the fleshy

part, that is how medium-rare steak should feel. As you move down your fingers, it increases the steak doneness. See the complete list here.



via **Simply Happiness**

## **14. If you're not heating your pan, then what are you doing with your life?**

If you're putting food into a cold pan, then you're doing it wrong. Have you ever even watched a cooking show? They heat their pans before they even start chopping to ensure that the pan is hot enough by the time it comes to add their ingredients.



via **Oola**

## **15. Fluffy rice isn't reserved for rice cookers**

The first thing you're probably doing wrong is not rinsing your rice. You have to rise off the starch. Basically, once you see the water run clear, you're good to go. Then don't stir the rice. Just leave it alone and let it do its thing. Stirring releases starches.



via **flickr / hansikkorea**

## 16. Jalapeno hotness levels

Ever notice that you might try a jalapeno one time and it barely has any heat at all and then the next one you try is making your eyes water? There is a trick to help you choose ones that are more suited to your heat levels. As they age they get little stretch mark type lines down them. The more stretch marks, the hotter they are.



via **Simply Recipes**

Know of something else people have been cooking wrong? **Comment below!**

Main image via The Gunny Sack

Collage images via 1. The Gunny Sack 2. Serious Eats 3. Simply Happiness

Sursa: [peacefulcentury.net](http://peacefulcentury.net)

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## Gordon Ramsay Teaches You How To Master 5 Basic Cooking Skills

Sursa video: [youtube.com](https://www.youtube.com)

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# 18 simple and inexpensive ideas to make your apartment look great

To make your apartment look stylish and luxurious, you don't need to spend a lot of money. In fact, all you have to do is use your imagination, and the interior of your home can be transformed for the better.

We at **Bright Side** has compiled 18 simple ideas to help you in this most pleasant task.



boston.houzz

**Braiding will add elegance to ordinary curtains.**



theeverygirl

**A plain white refrigerator can be transformed into a designer model with the aid of decorative tape.**



pinterest, tjtelecom

**Mirrors on doors help to give the impression of more living space.**



houzz

**You can decorate your shower curtain with ribbons.**





buzzfeed

**Multi-coloured, transparent curtains can really brighten things up.**



pinterest, francescagino

**Old lampshades or fastenings can be used as curtain holders.**



burlapandlaceblog

**The right way to lay a carpet in a bedroom.**



myhomelookbook

**A cake stand will give your bathroom a vintage look.**



pinterest

**A decorative ventilation panel looks much more appealing, don't you think?**



charmingzebra

**Bright curtains fastened with magnets are a simple way to make the interior of your home more colourful.**



athoughtfulplaceblog

**Unsightly shelves can be hidden behind drapes.**



indulgy

**Television cables can be concealed by using rods for shower curtains.**



decoretto, vinylroom

**Vinyl stickers make for an interesting interior decoration.**



lonny

**If you fix curtain rails to the ceiling above your bed, your room will look much more interesting.**



jgleamitup, jan-jan

**Curved curtain rails make windows seem much bigger.**



pinterest

**If you paint the lower two thirds of the walls, the ceiling will seem higher.**



allthingsthifty

**Try putting flat-screen TVs in picture frames; it's easy to do, and looks very stylish.**



jabber

**Painting the sides of draws can give a children's bedroom a more cheerful look.**

Sursa: [brightside.me](https://brightside.me)

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## **24 Life Hacks From 100 Years Ago That Are Still Useful In Today's Society**

1. How to pull out long nails.



How to pull out long nails.

2. How to kill a tree stump.



How to kill a tree stump.

3. How to make a simple gate latch.



How to make a simple gate latch.

4. How to make corky felt.



How to make corky felt.

5. How to make a fire extinguisher.



How to make a fire extinguisher.

6. How to make a water fountain for chicks.



How to make a water fountain for chicks.

7. How to adjust a door.



How to adjust a door.

8. How to cool wine without ice.



How to cool wine without ice.

9. How to clean an oil painting.



How to clean an oil painting.

10. How to extract a splinter.



How to extract a splinter.

11. How to treat sprained limbs.



How to treat sprained limbs.

12. How to remove a tight ring from the finger.



How to remove a tight ring from the finger.

13. How to clean bottles.



How to clean bottles.

14. How to measure with coins.



How to measure with coins.

15. How to draw a circle without compasses.



How to draw a circle without compasses.

16. How to keep a paint brush handle clean.



How to keep a paint brush handle clean.

17. How to pick up broken glass.



How to pick up broken glass.

18. How to separate glass tumbler.



How to separate glass tumbler.

19. How to light a match in the snow.



How to light a match in the snow.

20. How to tell the points of the compass with a watch.



How to tell the points of the compass with a watch.

21. How to make cut flowers.



How to make cut flowers.

22. How to judge the goodness of a lobster.



How to judge the goodness of a lobster.

23. Three useful knots.



Three useful knots.

24. How to stop a runaway horse.



How to stop a runaway horse.

# **7 Fantastic Pieces Of Advice For Taking Photos On The Beach**



1.  
Raise your chin,  
straighten your shoulders – and smile!



2.  
Put your legs together  
and raise yourself up on your tiptoes.  
This strikes a more impressive pose  
and makes your legs look longer.



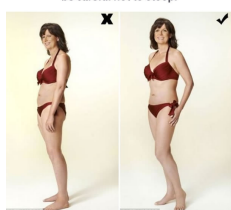
3.  
Cross your legs, hold in your stomach,  
straighten your back and place your hands  
on your waist for a very flattering shot.



4.  
When lying on a deck chair,  
try to simply rest on your elbow rather  
than spread all of your body weight on it.  
Also, keep your knees together.



5.  
If you're taking a photograph in profile,  
be careful not to stoop.



6.  
Do not stoop when you're taking a shot  
sitting down either. In fact, avoid stooping  
even when you're not taking a photograph!



7.  
If you're taking a shot close up,  
it's better to take it with your face  
and body slightly turned away from the camera,  
and with your chin somewhat raised.



Sursa: 9gag.com