



## Set timer to 12 minutes

Building a one-minute timer is a fun project. Here are two ways to build a one-minute timer: Supplies: Two 2-liter soda bottles with CapsfunnelWatersMall DrillSmall Vite and BoltStop-Guard [Source: Schultz] Instructions: Place both bottle caps along with touching tops. Practice a hole through the plugs. Attack a screw and a bolt near the center of the cappucci. Drill Some small holes through both protected cappucci. Drill a hole in the middle of the side of each bottle. Attack the cappucci bottle. Attack the cappucci bottle. Adjust the amount of water in the bottle Draws the opening of the second bottle on the Stock card. Cut out from the circle and pierce a hole in the middle. Tap the bottles one above the other, neck-neck, with the piece of paper stock in the middle. Tap the bottles one above the tape, for adjustment.stand the bottles so that the sand is in the top bottle. Itime the way it takes sand to flow from one bottle to another. Adjust the amount of sand until it takes a minute for the sand to flow from the upper bottle. answering emails, here is a simple trick: set a timer for three minutes. Now write the entire email before the time runs out. It is not allowed to continue writing three minutes. How about wrapping up before your three minutes are over? Looks easier. (Put the timer on your phone or look for "Set three minutes Timer" € and Google will start one for you.) Avoid spending too long on the actual email. If buried in unresponsive email, and find yourself constantly starting your answers with ... Contact, the longer the timer length is actually to you. The fast company recommends setting a five-minute timer, but we think it's still too much space. If you need to burn a great incoming mail, aby emails of 5 minutes, or ten emails of 3 minutes. If three minutes don't work, go up to five. But it's not taller. If an email really wasn't done after five minutes, you have to move away until tomorrow. Or take the phone. Ol, as fast fast companyTry switching to a non-email format like Google Docs: If you think it will take more than five minutes to write, your email is probably not an email. It's probably not an email. It's probably an email reminder or a persuasive essay that starts with "Hello." People who quietly and happily do things when they need to be done can stop reading now. Everyone else: ugh, I know, right? The jobs suck, but dwelling on that fact can make them seem more daunting way than they really are never done, it's too hard to find the energy to do them! But Apartment Therapy has a great trick to get around that block of mind: setting a timer. The next time you're about to do your most hated job, set a timer first. You're not running against time. It's just an observation. When you see how little time it takes, you'll realize your most feared job isn't really torture. (This is akin to remembering that some things require basically zero time to do. For me the biggest revelation on this front was to hang up my coat and scarf when I entered the apartment. I threw them on a chair when I felt lazy, but I realized that it basically didn't save me any time. What good is an indulgence if you gain nothing!) Yes, some chores can't be done in five or ten minutes. But setting a timer can help there too. This wisdom comes from Unfuck Your Habitat, the book turned into Tumblr of tips for very cold cleaning. Author Rachel Hoffman argues against binge-cleaning, which is so exhausting that you can turn off by cleaning the next time around. Hoffman says to clean in blocks of 20 minutes, separated by breaks of 10 minutes. (It's like a sweet tomato.) Frequent breaks ensure you don't get burned, and even if you can't clean your entire house in 20 minutes, you'll see how much progress you can make in that time. When you see what you can do in 20 minutes, cleaning stops being an "all or nothing" proposal. You can use the time you have to clean what you can clean, and your home will be cleaner than it was before you started. You can also use a version of this to help you overcome your reluctance to get started: I'll set a timer for ten minutes and tell myself I need to clean for that time. This stuff sucks, but I can do it for 10 minutes! Most of the time, a unit to measure both time and space. As a unit of time, a minute is 60 seconds, or 1/60 of an hour. As a unit of space, a minute of arc contains 60 seconds of arc. The length of one minute as a unit of time is constant. The length of one minute of a circle.) One minute of arc contains 60 seconds of arc. The duration of one minute as a unit of time is constant. circumference or ray of the circle. Circle. The arch is used in geography in the design of places on the earth surface. It is said that a particular place is a number of degrees (), minutes (') and seconds () east or west of Greenwich, England and north or south of the equator. The homepod is not only a wide speaker. You can also perform some tasks with it, how to establish alarms and timers. That's it. Related: How to set up the Apple HomePod Before you start, keep in mind that alarms and timers on the boat at boarding are not almost customizable as they are with Alexa and Google Assistant. They're rather barebones than other smart speakers, but it's a good job if all you want is the basic functionality. Set an alarm There are two ways you can set alarms on your homePod: use "Hey Siri" € and set one with your voice, or do it through the homepod When using your voice, all you have to say is that "Hey Siri, set an alarm for 7 Am<sup>®</sup> or "Hey Siri, wake me up at 7 am. You can also set the repeated alarms by saying something like "Hey Siri, set an alarm for 7 on the day every day of the week. Unfortunately, you cannot set an alarm to play music or something like "only the default alarm tone provided with the homePod. When an alarm turns out, you can simply touch the touchpad on the top of the homepod or say "Hey Siri, Stop"  $\in$ . When setting an alarm, you can manage them from the home app from a first long or 3D pressure by touching your homePod under  $\hat{a} \in \hat{a} \in$ You can also create alarms here by tapping the ât e + at button in the upper left corner. Set a timer, all you have to say is that "Hey Siri, set a timer of 10 minutes." From there, you can check-in on how long it remained saying - â chey Siri, how long it is left on the timer? A chey Siri, how long it is left on the timer at any point by saying: Cancel the timer at any point by saying: Cancel the timer at any point by saying: Cancel the timer at any point by saying - at timer. If your homePod is in the kitchen, set a timer during cooking can be useful and it is simple how to use a single Siri command. Everythingwhat you have to say is "Hey Siri, set a timer for a select number of minutes or hours, with a maximum timer limit of 24 hours. If you can set a timer for a select number of minutes or hours, with a maximum timer limit of 24 hours. If you can set a timer for more than 24 hours. hours, Siri suggests you use a reminder. If you need to know how much time is left on the timer, you can ask Siri a question like "Hey Siri, how to Has the timer?" and Siri will give you an update on the timer. When the time is up, the HomePod will play a sound. To stop the timer sound, you can tap the top of your HomePod or ask Siri to stop it. Turning off the timer At any time while the timer is running, you can ask Siri to turn it off with a command such as "Hey Siri, turn off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off with a command such as "Hey Siri, turn off the timer." Siri, change the timer is running, you can ask Siri to turn it off with a command such as "Hey Siri, turn off the timer." Siri, change the timer is running, you can ask Siri to turn it off with a command such as "Hey Siri, turn off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." Siri, change the timer is running, you can ask Siri to turn it off the timer." 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Would you like to replace it?" It's not even a way to display or manage your HomePod timers on an iOS device like it is with the HomePod timer alerts all voicemanaged with Siri. Photo Courtesy: Hero Images/Getty Images We all know we need to exercise. But not everyone has the time. A typical cardio exercise, muscle training and flexibility program can last an hour or more a day. For people with busy lives, this is often not possible. Fortunately, research has shown that short bursts of exercise can be as effective as longer workouts. The key is to make the most of your time. Here are 30 workouts you can do in a few minutes a day to increase strength. When you've had a long day at the office, the last thing you want to do at night is exercise. The most attractive option, of course, is to grab a snack and turn on Netflix. We don't want to take away your TV time, but you can pick up your shows and get in shape all at once. Photo Courtesy: George Doyle/Stockbyte Collection/Getty Images Experts suggest doing mini commercial-break exercises. For example, every time an ad comes on, you can use 45 seconds to hold a table pose. Other options include sit-up, jumping jack squat and push-up. Choose a few exercises you like, and do a different one at every break. A whole body workout "upper, lower body, abdominal" can take quite a while. If you're looking to burn fat, however, it's the way to go. It's simple: work more muscles, burn more fat. But is it possible to get that fat burning goodness in just a few minutes a day? Absolutely yes. Photo Courtesy: Steve Buissinne/Pixabay Fitness Magazine suggests making a circuit of jack and tires, squat pop, pistons, sunken rows of bridge and wooden chops at double stroke. Although the moves seem complicated, they are actually quite simple and can be easily completed Your living room. make 10 repetitions of each exercise, turning through them for a total of 10 minutes. Sometimes the only time you have to practice is just before you go to bed, as much as you may not like. on the positive side, all that exercise will have them sleep like a child (plus, you will get a bangin'bod). fitness magazine suggests a simple 20-minute circuit, but feel free to make it shorter or longeryour needs. courtesy photo: Hero Images/Hero Images Collection/Getty Images The routine can consist of triple lungs, squats with an elevated press, jogging in position, alternating lungs with a lateral increase, lateral ski jumps, push-ups, mountain climbers and bridge pose. Do each exercise for a total of 10-15 nonstop reps — except for the bridge, which will be held for a minute. Fitness experts love pliometry for their ability to stimulate different muscle groups at the same time. Although they are generally used to improve fat loss, strength and endurance. And they can do it quickly. courtesy photo: Cavan Images/Cavan Collection/Getty Images The plyometrics are so efficient you can do them for a few minutes a day and see the results. Shape Magazine recommends making these pliometric moves like a circuit: plie jump squat, one-legged deadlift hop, double jump, lateral lunge, pop-up and plank straddle hop. Spend only 10 minutes three times a week running through this circuit to see the results. The typical American spends about 135 minutes a day, or almost two and a half hours, viewing social media. They're bananas! Instead of scrolling without thoughts, why not do something useful with that time? You do not need to give up social media to go to the gym - just try this simple trick. Photo Courtesy: Sergio Pedemonte/Unsplash Plank for 30 seconds before each session. Don't you like planks? Try to crush or skip the jacks. Not only will it make you move, but it will really make you rethink all the time you spend online. Say it: Cardio workouts can be quite boring, and many people just don't like it. Who has 60 minutes to run on a treadmill or slogging off on the elliptical? Fortunately, you can increase your heart rate and improve your cardiovascular fitness without those super-long workouts. Photo Courtesy: Neustockimages/E+ Collection/Getty Images The key is to spread the intensity and keep moving non-stop. Coach Jon Giswold suggests making a mono-gamous squats circuit, die dance cough, cleaning and diagonal single arm pressures, explosive jumps and bicycle molds. Every move 12 times and rest for 30 seconds in between for a total of 10 minutes. In addition to the time spent, one of the biggest complaints about how to work is that it is "boring". But what many people do not realize is that you do not need to do traditional exercises to get in some physical form. You can bust a move for your favorite song, no matter where you are, and get all the benefits of a hardcore sesh workout. Photo Courtesy: EugenioSource Collection/Getty Images Dancing is fun. In addition, it comes with a lot of health benefits. For example, belly dancing and hip-hop are great for your abs, while twerking can seriously increase your loot. And any kind of dance provides provides provides and cubes. But any kind of dance provides provides provides provides provides and cubes. But any kind of dance provides you can do it without hitting the gym and spend an hour on the stage! Yes. In fact, there are dozens of body weight moves you can do right at your home. courtesy photo: Vivian Hylkema / Pixabay If you want an ass and toned thighs, try a short circuit of 10 minutes three times a week. Rotate through the following exercises up to 10 times each: squat (mixing and testing different variations), forward attacks, sit on the wall and from high knee jogging. Not only will they tone your balance. For those who have a lot of time, this short routine is ideal for building resistance and to improve performance. It concentrates on heavy lifting but it alternates between upper body and lower body movements - so half of your body has to rest while the other half is working! courtesy photo: Skeeze / Pixabay alternate each of the following exercises, doing five repetitions each and taking 30 seconds to rest between each movement: Squat Balancing, Bilang Press Bent-over Row, Dumbbell Pullup Shoulder. You can easily complete two circuits in 15 minutes, but feel free to do more if you have time. Just started on your fitness trip? It can be hard to drag you out of the couch when you're not used to moving your body. And even when you have time. Just started on your fitness trip? It can be hard to drag you out of the couch when you're not used to moving your body. Photo Collectiony: Mike Harrington / DigitalVision Collection / Getty Images This short 10-minute training from Self Magazine is perfect for ease in the training world. Do each of the following exercises for 30 seconds and repeat the circuit four times: body weights, knee push-ups, V sit-ups and climbers. Isn't it hard enough? Feel free to amplify the intensity with weights or adding more circuits. A upper part of the strong body is important - not only for opening the stubborn jars. Working the upper half helps to improve posture and reduces the risk of injury to the neck or back. And it's good for your heart. A lot of people think that "high body training" means the time of the gym, however - and do not have time for this. courtesy photo: Pavel Jurä A / Pixabay You can get a solid upper body workout, with minimal equipment, just from the comfort of your home. You'll just need a set of hand weights and a bench. Make 10 or 15 repetitions of each of the following exercises without interruptions infor a total of two sets: press-ups, trecipient plunges, bicycling curls and handlebar presses. We've already discussed Netflix and made it clear that you don't have to give up your television habit. But you don't have to give up your television habit. But you don't have to give up your television habit. But you don't have to give up your television habit. But you don't have to do 10 squats or 15 push-ups at every business break. Instead, why not turn your favorite sitcom or your drama intoFunny training game? Photo courtesy: Westend61/Getty Images How does it work? Think along the lines of traditional college drinking games â just instead of taking shots, you are doing exercises. For example, if you look at the Big Bang Theory, you can do 10 lungs every time Sheldon says, "Bazinga!" Make your own rules and use the exercises of your choice. This little fitness hack has been floating around out there for a long time, and for good reason. Everyone uses the bathroom all day â it's something you can't help. So when you attach a fitness challenge to your time in the loo, you are bound to hit your daily goal (as long as you remember to do so). Photo courtesy: Gesina Dunkel/Unsplash The standard online challenge is to do 10 squats every time you go to the bathroom, but you can use any exercise you want, such as lungs, salting jack or legs lifts. Just remember â if you are in a bathroom office stand, space might be limited. This is another one for lovers of the gym. You may have a gym in your office but limited time on your lunch break. Or you can go from your normal point on the way home from work, but you have to be home to meet the kids in 30 minutes. Whatever your bargain, this workout is fast and effective. Photo Courtesy: 4FR/E+ Collection/Getty Images When you're short on time, but just need to get your arm's day in, try this simple circuit with 30 seconds rest between each set: balance bench (five reps), rows of seated cables (eight reps), inclined handlebar press (12 reps), pull-up (12 reps), dumbbell bicep curls (15 reps) and dips (20 reps). If you want to burn those weekend calories faster than you can say "Boston cream cake", this crazy cardio-effective routine will lead you to work on a sweat in no flat time. In fact, according to Keli Roberts, creator of 10-Minute Cardio KickBox, you burn about 150 calories in just 10 minutes. Photo Courtesy: Element5 Digital / Unsplash Want to feel the burn? Do these nine moves for one minute each: jump rope, push-up squat-thrust with side bridge, jump rope, push-up squat-thrust with side bridge. jump rope. It is a great cardio workout and some sculpt in minutes. This is simple: Just choose a song you love and create your own circuit around it. No, it doesn't have to be Cardi B. It could be Wu-Tang Clan or Bee Gees or Michael Jackson - whatever floats your boat. And you can use any combination of exercises you want, too. Photo Courtesy: PeopleImages/E+ Collection/Getty Images Here's how it works: Choose your favorite jam, write a simple circuit (for example, 10 push-ups, 10 squats and 10 squats) And repeat the circuit until the song is over. More is the song, the workout is more difficult. There are no pauses between exercises, so make sure you choose carefully. Sometimes, in reality you don't get a pause during the day. For nothing. You're stuck at your desk for And there's nothing you can do. Well, not only is it bad for your mental health, but it can also cause physical pain as well (hello, sore neck!). Complimentary photo: Westend61/Getty Images Solution? Take micro-break and do a few small exercises right there at the desk. Some common tips include armrest circles, squats, sitting legs, armchairs, tilted bridges, shadow boxes or fast feet sitting (such as the boys of the football team of high schools who did, only in your chair). There's a lot of balls on this list. And there's a reason for this: Dance has the potential to burn a lot of calories in no time, and it will touch you seriously in this process. On top of this, there are dozens of different dances, hundreds of different artists and countless ways to mix things up. Photo Courtesy: Leo Patrizi/E+ Collection/Getty Images This suggestion is by far the easiest of all of them. Choose a song you love and dance your ass. If you want to do some jazz, you can choose a song that actually has moves and learn choreography. You could burn up to 60 calories in just 10 minutes. Take a walk every day — and it is not enough to make up? You might feel good when you're done, but you want it to give you a little more than a workout. Without adding any time to your daily routine, you can take a totally pumped walk and melt those calories. Complimentary photo: Erik Isakson/Getty Images Experts recommend working in some hills or stairs — walking a slope can dramatically increase calorie spending. When you are ready, add in some weights of the hand. You can hold them by your side for greater resistance or make easy moves like the elevated presses or bicep curls while walking. Walk up to a mile of 15 minutes and you are getting a serious workout! Just like the Cardi B. circuit, this focuses on choosing songs, like that of Daft Punk rightly called Too Long). Photo Courtesy: MiamiEva/RooM Collection/Getty Images Write the moves you are going to do — like burpees, mountain climbers, planks and bicycle crutches — and focus on making each back-to-back set with minimal rest. Shoot for a minute of each move with 30 seconds of rest between the series. If 20 minutes you feel like too much, start shorter and work the way up. Almost everyone has the same "trouble" areas as arms, abs and upper legs. With age, these three areas more than elsewhere are likely to become, well, flaccid. And we're honest. Nobody wants grandma's arms. Not even grandma. Complimentary photo: Danielle Cerullo/UnsplashSimple and fast exercise can help fight those jiggles linked to age in just 10 minutes a day. You will need a pair of light dumbbells and a workout mat. Make this whole circuit once, straight-through: TRICEPS PRESS (15 REPS), deadlift (12 reps,) plie-biceps curl combo (five reps,) squats with overhead press (15 reps) and single-leg row (12 reps.) to really burn fat and streamline, many people can tell you that you need at least 45 minutes of cardio five days a week — but this is not very effective. In fact, for most people, it is simply impossible. Fortunately, research has shown that several shorter workouts can be equally advantageous. courtesy photo: Bruno Nascimento/Unsplash a great way to get into a little cardio is with a brisk walk every morning. not only will increase your heart rate, but it will also let you feel energized for the day in advance. just start with a five-minute heating and then follow it with five minutes of brisk on foot or jogging. squeeze these mini-sessions all day. Many people prefer to work in the morning. for some, it is the only time of the day when they can get a few minutes to themselves. for others, it's when they feel their most energetic. Whatever your reason, this is a fast training of 10 minutes where you can also press the hecticst of weekdays. photo courtesy: opolja/iStock getty images plus Collection/Getty images coach based on los angeles kit rich arrived with this simple circuit that you can edit to include your favorite moves. Just do a minute of a higher exercise of the body, a minute of a lower exercise of the body and a minute of a lower exercise of the body and a minute of a lower exercise of the body and a minute of a lower exercise of the body. health, and improve your endurance, so this is your workout for you. High-intensity workouts (hiit) like this have been tried to burn more calories in the following 24 hours compared to traditional cardio routines. photo courtesy: paul Bradbury/Caiaimage Collection/Getty images if you are ready to pump your workout — and get more done in less time - jump on the cardio machine of your choice in the gym and follow it with an easy minute at a difficult pace to maintain. repeat this two or three times and follow it with an easy minute of recovery. if you want in a few minutes a day. is designed to increase the speed and speed with which you complete any movement, so it is great no matter what sport you do. and you can do all this training at home. photo courtesy: thomas Barwick/DigitalVision Collection/Getty images since these moves are so demanding, you want to rest for a full 60 seconds between each exercise. make the following circuit for a total of threeTeam Jump (10 Reps), Plyo Push-up (10 Reps), Jump Box (12 Reps), Jump Box (five reps), Jump Box (five reps), Jump Box (12 Reps), and Squat Gun (four Reps). If you have five minutes during your day, no matter where you are, you can In this quick complete workout. And if you can't find five free minutes somewhere during your day, then maybe it's time to re-evaluate your program! Photo courtesy: FIZKES / ISTOCK Getty Images Plus Collection / Getty Images Plus Colle your body weight. Make the entire circuit, taking a minute for exercise: Snuns, squats, jump jack with shoulder presses, boards, left side boards and right side boards. Do you want to strengthen your core and improve your posture and balance? Have a back pain and know that the exercise would have helped? Unfortunately, many people are in this same boat, but they don't have time to go to the gym or see a coach. This simple 10-minute workout training could alleviate what you did. Photo of courtesy: Undrey / iStock Getty Images Just go through the following rotation of the exercises. Make 10 repetitions each, twice through: Plank (one minute), supermans, leg ulanga, bicycle crunches and vertical leg crunches. They may seem easy exercises, but at the end of 10 minutes, you will feel the burn! Entering a midday workout may seem the most flared thing ever. After all, who wants to hit the gym at lunch and return to the office all sweaty? But getting the heart rate in the middle of the day can help you overcome that feared 2 p.m. collapse. Photo of courtesy: Westend61 / Getty Images If you have 15 minutes to save at lunchtime, this routine will not only increase energy but burns some calories to start. Going up some flight of stairs or jumping Jack for two minutes, walk to a lively rhythm for eight minutes, stairs or jumping jack for another two minutes and take a cool walk for two minutes. It seems that people are always worried about burning calories and lose weight, but keeping the body of the body of the body and flexible is just as important for your general health. If you start a training routine you feel overwhelming for you now, you can still do your body a little good by completing some easy stretching exercises. Photo of courtesy: Alexander Mills / Nutrition Nutrition of NOT know where to start? Try these stretches standing for the chest suggested by Verywell in shape. Sometimes you just need a free day. If you don't really want to do anything but sit on your sofa, binge watch your favorite show and eat a pint of ice cream, don't worry. We were all there, and there is no shame in that game. Photo of courtesy: Ultraf / Digital Vision / Getty Images. Physical health is also. Take your free day, Destess and returns to your fitness routine the next day. In the Why not try some stress-busters relaxing as a nice hot bath or some essential oils of lavender? oils?

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