I'm not a robot

You may not think much about your balanceuntil you no longer have it, or you're doing yoga and fighting hard not to topple out of eagle pose. But balance has to do with a lot more than just being able to stand on one leg in a yoga studio. Ultimately, it's critical for everything you do, no matter your age or level of fitness. Balance is vital for improving your overall fitness and quality of life, as well as preventing injuries, aches and pains. Our under-appreciated ability to balance is a key part of what allows us to do everyday tasks, like walking, running, and getting up from a chair. Studies show that how well (or poorly) you perform these mobility skills strongly predicts how likely it is you'll experience more serious events in the future, like falls, hip fractures, and hospitalizations, says Jonathan Bean, MD, MPH, professor of physical medicine and rehabilitation at Harvard Medical School. "Having better balance means you're able to stop under control, recover momentum, and react quickly," says Joshua Bonhotal, MS, CSCS, strength coach and vice president of performance of Future Fit, a digital personal training service. As you age, you lose your ability to perform the quick muscle contractions at twice the rate that general strength declines," Bonhotal says. What's more, if you're not actively training to improve your balance, that decline could accelerate. Credit: Asia Pietrzyk Balancing as we walk, run, jump, or stand requires muscle mass. "Balance, as it relates to function in daily life and activity, has more to do with the ability to quickly contract your muscles to stabilize or produce a desired movement," Bonhotal explains. In addition to giving us strength, our muscles help keep our bones and joints aligned so we remain upright. But balancing also calls for the interaction of three primary sensory systems: One is the visual, what we see.Another is the somatosensory, which includes nerve receptors that enable us to feel and touch things and to have a sense of our body in space, known as proprioception.The third is the vestibular, a tiny but complex inner ear system that responds to gravity. Input comes from all three systems, but for most of us, the dominant one is the visual. Seeing what's in front of and around us triggers a series of neural messages that act as an immediate, reassuring fact-check: Everything in your environment is erect, pointing in the right direction, and therefore, you are too. "This is why so many people find it challenging to stand on one foot with their eyes closed," says Fabio Comana, a lecturer at San Diego State University's School of Exercise and Nutritional Sciences. "But that's also why we'll tell someone to close their eyes in balance training. If you take away the visual, the other two sensory systems can become stronger." As early as our 30s, we begin to lose that all-important muscle mass, as well as experience age-related deterioration in the visual, somatosensory, and vestibular systems. "The decline is very gradual at the beginning, but by the time you hit 65, the curve drops steeply," says Tanvi Bhatt, PhD, associate professor of physical therapy at the University of Illinois Chicago's College of Applied Health Sciences. This is where balance training comes into play. It's like learning to play an instrument: "You need to create appropriate neuromuscular connectionsthat is, links between your brain and muscles," explains Jonathan Cane, an exercise physiologist and the founder of City Coach Multisport, an endurance-training service in New York City. "Then you need to practice to keep those connections from deteriorating." While your balance will change from day to dayinjury, muscular fatigue, soreness, and lack of sleep can all affect balance, Bonhotal notesthe key is to work on it regularly, daily if possible, but every other day at a minimum. You can start very small by standing on one leg while you brush your teeth, or try picking up dropped objects while keeping one leg elevated behind you (as you improve, challenge yourself by lifting the elevated leg even higher). If you're short on time, space, or energy, an easy and effective balance builder is standing on one leg with eyes closed for as long as you can until you lose balance (time it!), then switch sides. Watch your time get longer with practice. Generally, Bonhotal says you're already getting a good dose of balance training if you're doing moves like these when you exercise:Single-leg exercises (like step-ups)Exercises where you're in split stances, like lungesExercises where the load is unbalanced, meaning you're holding or moving a weight only on one sideCore exercises If any of these are part of your regular fitness routine, you might only need five to 10 minutes of structured balance training on days you're not doing any of them. But if you're looking to get more targeted balance training into your life, here are more excellent exercises that specifically help build balance and stability. Credit: Kailey Whitman Experts agree that the first order of business is to make sure you can maintain a properly aligned spine to move effectively and without injury. To tell whether your spine is aligned, Comana says, "stand close to a wall, heels touching it. If you're aligned, your tailbone, your shoulder blades, and the back of your head should all touch the wall in a neutral position, not tilted up or down."If, like most of us, you don't touch the wall in all three spots, try this:Grab a 36-inch foam roller or a rolled-up beach towel. Place it on the floor, then lie on it lengthwise so your head, spine, and tailbone all rest on top. (Your head should not tilt backward; if it does, place a firm pillow or second towel underneath it.) Bend your knees and rest your arms by your sides. Lie there for five minutes, allowing gravity to pull your shoulder blades down on either side. Try to practice this twice a day and repeat the wall check once a week until all the three points can touch. Credit: Kailey Whitman Start with feet hip-width apart. Step forward into a lunge, keeping your back heel off the floor. Bend both knees and lower your back knee toward the floor while keeping your spine straight. Lift back up into the starting position, then repeat with the opposite leg in front. Do 10 reps per side, alternating which leg is in front. (If you want, add in weights as you progress.) Credit: Kailey Whitman Start on the floor in a half-kneeling position, with your right knee and shin down and left foot planted firmly on the floor in front. (Check that both knees are at 90-degree angles and hips are aligned.) Keeping your right foot on the ground, bring your right knee just barely off the ground and hold this position (it will look like the bottom half of a stationary lunge). As you hold, keep the chest lifted so shoulders stay in line with hips. Start by holding for five to 10 seconds per leg, building to 30 seconds without having to rest. Do two to three sets per leg. For more of a challenge: Work your way up a little bit at a time until you can hold for five minutes per leg. Stand up straight with feet no wider than hip width apart. Stand near a wall or the back of a sturdy chair, railing, or other surface in case you need to hold on for support. Engage your core and keep a neutral spine (not rounding forward or arching backward)lift both heels off the ground with control, rising up onto the balls of your feet. Pause at the top for a moment, then lower your heels back down to the floor in a slow, controlled motion (the lowering motion is part of the exercise and requires balance, so don't rush it.) Repeat 10 times, and do 3 sets of 10 total. With control, walk in a straight line as if youre walking on a tightrope: For each step, place the heel of your front foot directly in front of the toe of your opposite/back foot without space between. Take 10 steps in one direction, then turn around and take 10 steps in the opposite direction to your starting place. Repeat for three sets (there and back is one set). To make this harder: Look straight ahead, not down at your feet; or do it walking backward. Start standing straight in a neutral position near a wall or other supportive surface that you can hold onto if needed. Close your eyes, then raise one foot slightly off the ground (no need to lift it that high) and hold for as long as you can. Use a timer, count in your head, or count your breath cycles. Start with just 5 to 10 seconds, then progress to 20 or 30 seconds as you improve. Credit: Kailey Whitman Start with feet hip-width apart. If you can, balance on one foot. If you feel unsteady, begin by placing one foot about two foot-lengths behind the other. The knee of the supporting (or front) leg should be slightly bent. Maintain a straight back and hinge from the hips while reaching forward with both arms extended toward the floor. Return to standing position and repeat on the other foot. (If you want, add weight as you progress.) Credit: Kailey Whitman Start on the floor in a high plank position with your hands positioned slightly wider than your shoulders. (To make it easier, bring knees down to the floor like you would for a modified push-up position). Brace your core, lift your right hand off the ground and tap your left shoulder. Slowly release your hand right to the ground and switch sides, continuing to alternate tapping one hand to the opposite shoulder. Try not to let your weight shift or hips rock from side to side. Do 10 reps per side. Struggling to maintain balance? Position your feet wider. For more of a challenge, bring your feet together or do the exercise with one foot off ground. Credit: Kailey Whitman Start on all fours with wrists aligned under your shoulders and knees aligned under your hips. Engage your core and lift and extend your left arm forward as you simultaneously extend your right leg behind you. Keep your back flat like a table and straight, not rotated, even as you raise each leg (it's helpful to do this move in a mirror). Hold for five counts. Repeat with the opposite arm and leg. Alternate sides, doing five reps on each side. Credit: Kailey Whitman Stand with your feet hip-width apart and touch your fingertips to your ears with elbows out wide. Cross your right leg behind you and lower the right knee until it's about 1 to 3 inches off the ground (this is a curtsy lunge).Keeping weight and balance on your left leg, rise and bring your right leg up toward your right elbow (careful not to rotate the hips), bending your torso slightly to the right (into a standing oblique crunch). Release to start and repeat 12 times. Switch sides and repeat. Using a set of stairs or an exercise box or step, stand with feet hip width apart then step onto the box with your right leg, driving your left knee up to about hip height. Hold at the top for a moment without lowering the left foot onto the box. Step your left foot back down to the floor, followed by your right foot so youre back at the starting position. Repeat for 10 reps, then switch legs for 10 more reps. Do three sets each. Credit: Kailey Whitman Stand with your feet together. Shift your weight to the right foot and lift the left leg in front of you to hip height, with your knee bent to a 90-degree angle. Lift your arms straight overhead and press your hands together. Bend your torso forward as you clap your hands under your left leg then release and bring your arms back up overhead, keeping your left knee raised. Repeat 10 claps on one side (without putting your left foot down). Switch sides and repeat. Start in a neutral standing position. Inhale, and place the bottom of your right foot against the inside of your left calf. Exhale, keeping your right knee out wide to the side. Hold this pose for 20 seconds, breathing deeply. Release and repeat on the opposite side, placing your left foot against your right calf. We may think of age-related balance challenges as the concern of sweetly unsteady grandparents, but our balance can be compromised long before we're eligible for Social Security. As we age, visual acuity, including our depth perception and peripheral vision, begins to diminish, and "the proprioceptors embedded throughout the body become less sensitive," Comana says. "So you're not picking up information as quickly or as accurately, and you react more slowly to things that could make you fall." Sensing our own slowness can make us apprehensive, which may be another reason the youthful spring in our step turns into a tentative shuffle. Also, vestibular nerve endings in the inner ear tend to degenerate over time. To further complicate matters, technology is working against our balance, whatever our age. Blame it on the all-too-common habit of constantly staring into our phones. A crooked neck could make someone go from looking 300 feet ahead to 50. Plus, the physical misalignment weakens muscles and stability. But now, thanks to phones and computers, "these effects are becoming more evident in younger peopleeven the college students I teach," Comana says. The great news is, no matter how old you are, "with repeated practice, you can maintain or enhance your balance," Bhatt says. WordReference Random House Learner's Dictionary of American English 2025balance/blns/USA pronunciation n., v.,-anced, -ancing.n.a state of being steady; equilibrium: [uncountable]The two weights are in balance now.[count; usually singular]:trying to establish a new balance of nature's organisms. [count; usually singular] something that produces a state of balance:Her caution was the perfect balance to his impulsiveness. [uncountable] the ability to maintain the body in a state of equilibrium:Gymnasts need superior balance. Weights and Measures[countable] an instrument for weighing objects. [count; usually singular] something that remains; the rest:I'll do the balance of the work after vacation. Business[countable] the amount of money in a bank account. v.to bring to or hold in a state of balance: [~+object]She can balance a book on her head.[no obj]:She balanced on one leg. Business[~+obj] to add up the two sides of (an account) and determine the difference or make them equal:The accountant balanced the books. [no obj] to be in a state in which debts are equal to credits:The checkbook balances. [~+obj+with/against+obj] to compare the relative weight or importance of (two things):You'll have to balance working longer hours against the opportunity to earn more money. [~+obj] to serve as a weight or influence on one side against another; offset:Fatigue was balanced by excitement. Idioms Idioms in the balance, with the outcome in doubt or suspense:The election hung in the balance. off balance: not steady:I was caught off balance and down I went. confused or surprised:The question threw me off balance. Idioms on balance, with all things considered:On balance living abroad was a good experience. WordReference Random House Unabridged Dictionary of American English 2025balance (balns),USA pronunciationn., v.,-anced, -ancing.n.a state of equilibrium or equipoise; equal distribution of weight, amount, etc. something used to produce equilibrium; counterpoise. mental steadiness or emotional stability; habit of calm behavior, judgment, etc. a state of bodily equilibrium:He lost his balance and fell down the stairs. Weights and Measuresan instrument for determining weight, typically by the equilibrium of a bar with a fulcrum at the center, from each end of which is suspended a scale or pan, one holding an object of known weight, and the other holding the object to be weighed. the remainder or rest:He carried what he could and left the balance for his brother to bring. the power or ability to decide an outcome by throwing one's strength, influence, support, or the like, to one side or the other. Wine(in winemaking) the degree to which all the attributes of a wine are in harmony, with none either too prominent or deficient. Business[Accountableing.] equality between the totals of the two sides of an account. the difference between the debit total and the credit total of an account. unpaid difference represented by the excess of debits over credits. Businessan adjustment of accounts. the act of balancing; comparison as to weight, amount, importance, etc.; estimate. preponderating weight:The balance of the blame is on your side. Fine Artcomposition or placement of elements of design, as figures, forms, or colors, in such a manner as to produce an aesthetically pleasing or harmoniously integrated whole. [Dance.]a balancing movement. TimeAlso calledbalance wheel.[Horol.]a wheel that oscillates against the tension of a hairspring to regulate the beats of a watch or clock. Astrology(cap.) the constellation or sign of Libra; Scales. Sound Reproduction[Audio.](in a stereophonic sound system) the comparative loudness of two speakers, usually set by a control (balancecontrol) on the amplifier or receiver. Idioms in the balance, with the outcome in doubt or suspense:While the jury deliberated, his fate rested in the balance. Idioms on balance, considering all aspects:On balance, the new product is doing well. v.t.to bring to or hold in equilibrium; poise:to balance a book on one's head. to arrange, adjust, or proportion the parts of symmetrically. to be equal or proportionate to:I'm always happy when cash on hand balances expected expenses. One side of an equation must balance the other. [Accountableing.] Businessto add up the two sides of (an account) and determine the difference. Businessto make the necessary entries in (an account) so that the sums of the two sides will be equal. Businessto settle by paying what remains due on an account; equalize or adjust. to weigh in a balance. to estimate the relative weight or importance of; compare:to balance all the probabilities of a situation. to serve as a counterpoise to; counterbalance; offset:The advantages more than balance the disadvantages. [Dance.]to move in rhythm to and from:to balance one's partner. v.i.Businessto have an equality or equivalence in weight, parts, etc.; be in equilibrium:The account doesn't balance. Do these scales balance? Business[Accountableing.]to reckon or adjust accounts. to waver or hesitate:He would balance and temporize endlessly before reaching a decision. [Dance.]to move forward and backward or in opposite directions. Vulgar Latin *balancia, variant of *bilancia, equivalent. to Late Latin bilanc- (stem of bilanx with double scales; Latin bi- bi-1 + lanx metal dish, pan of a pair of scales) + -ia -ia Anglo-French; Old French balance Middle English balaunce 12501300 balanceable, adj. 3. poise, composure. 6. Seeremainder.13. Seesymmetry. balanc (baln s; Fr. ba ln s),USA pronunciationn., pl.-cs(-sz; Fr. -s).USA pronunciation[Ballet.] Dance, Music and Dancea swaying step performed in place in which the weight is lightly shifted from one foot to the other, the dancer sinking down on the heel of the foot to which the body is shifting, with flexed knees. French, noun, nominal use of past participle of balancer to balance, swing, rock Collins Concise English Dictionary HarperCollins Publishers::balance /blns/ n a weighing device, generally consisting of a horizontal beam pivoted at its centre, from the ends of which two pans are suspended. The substance to be weighed is placed in one pan and known weights are placed in the other until the beam returns to the horizontal a state of equilibrium something that brings about such a state equilibrium of the body; steadiness: to lose one's balance emotional stability; calmness of mind harmony in the parts of a whole the act of weighing factors, quantities, etc, against each other the power to influence or control: he held the balance of power something that remains or is left: let me have the balance of what you owe me equality of debit and credit totals in an account a difference between such totals short for spring balancein the balance in an uncertain or undecided conditionon balance after weighing up all the factorsstrike a balance to make a compromise vb (transitive) to weigh in or as if in a balance (intransitive) to be or come into equilibrium (transitive) to bring into or hold in equilibrium (transitive) to assess or compare the relative weight, importance, etc, of (transitive) to act so as to equalize; be equal to (transitive) to compose or arrange so as to create a state of harmony (transitive) to bring (a chemical or mathematical equation) into balance (transitive) to compute the credit and debit totals of (an account) in order to determine the difference to equalize the credit and debit totals of (an account) by making certain entries to settle or adjust (an account) by paying any money due (intransitive) (of a business account, balance sheet, etc) to have the debit and credit totals equal to match or counter (one's dancing partner or his or her steps) by moving towards and away from him or herEtymology: 13th Century: from Old French, from Vulgar Latin bilancia (unattested), from Late Latin bilanx having two scalepans, from bi-1 + lanx scalebalanceable adj Collins Concise English Dictionary HarperCollins Publishers::balance /blns/ n a weighing device, generally consisting of a horizontal beam pivoted at its centre, from the ends of which two pans are suspended. The substance to be weighed is placed in one pan and known weights are placed in the other until the beam returns to the horizontal a state of equilibrium something that brings about such a state equilibrium of the body; steadiness: to lose one's balance emotional stability; calmness of mind harmony in the parts of a whole the act of weighing factors, quantities, etc, against each other the power to influence or control: he held the balance of power something that remains or is left: let me have the balance of what you owe me equality of debit and credit totals in an account a difference between such totals short for spring balancein the balance in an uncertain or undecided conditionon balance after weighing up all the factorsstrike a balance to make a compromise vb (transitive) to weigh in or as if in a balance (intransitive) to be or come into equilibrium (transitive) to bring into or hold in equilibrium (transitive) to assess or compare the relative weight, importance, etc, of (transitive) to act so as to equalize; be equal to (transitive) to compose or arrange so as to create a state of harmony (transitive) to bring (a chemical or mathematical equation) into balance (transitive) to compute the credit and debit totals of (an account) in order to determine the difference to equalize the credit and debit totals of (an account) by making certain entries to settle or adjust (an account) by paying any money due (intransitive) (of a business account, balance sheet, etc) to have the debit and credit totals equal to match or counter (one's dancing partner or his or her steps) by moving towards and away from him or herEtymology: 13th Century: from Old French, from Vulgar Latin bilancia (unattested), from Late Latin bilanx having two scalepans, from bi-1 + lanx scalebalanceable adj Also found in: Thesaurus, Medical, Legal, Financial, Idioms, Encyclopedia, Wikipedia.Related to balancing: dynamic balancing (blns)n.1. A weighing device, especially one consisting of a rigid beam horizontally suspended by a low-friction support at its center, with identical weighing pans hung at either end, one of which holds an unknown weight while the effective weight in the other is increased by known amounts until the beam is level and motionless. Also called scale.2. A state of equilibrium or parity characterized by cancellation of all forces by equal opposing forces.3. The power or means to decide: matters that fell outside the judge's balance.4. a. A state of bodily equilibrium: thrown off balance by a gust of wind.b. The ability to maintain bodily equilibrium: Gymnasts must have good balance.5. A harmonious or satisfying arrangement or proportion of parts or elements, as in a design.6. An influence or force tending to produce equilibrium; counterpoise.7. The difference in magnitude between opposing forces or influences.8. Accounting a. Equality of totals in the debit and credit sides of an account.b. The difference between such totals, either on the credit or the debit side.9. Something that is left over; a remainder.10. Chemistry Equality of mass and net electric charge of reacting species on each side of an equation.11. Mathematics Equality with respect to the net number of reduced symbolic quantities on each side of an equation.v. balanced, balancing, balances v.tr.1. To determine the weight of (something) in a weighing device.2. To consider and compare or assess: balanced the pros and cons before making a choice.3. To bring into or maintain in a state of equilibrium.4. To act as an equalizing weight or force to; counterbalance.5. Accounting a. To compute the difference between the debits and credits of (an account).b. To reconcile or equalize the sums of the debits and credits of (an account).c. To settle (an account, for example) by paying what is owed.6. To bring into or keep in equal or satisfying proportion or harmony.7. Mathematics & Chemistry To bring (an equation) into balance.8. To move toward and then away from (a dance partner).v.intr.1. To be in or come into equilibrium.2. To be equal or equivalent.3. To sway or waver as if losing or regaining equilibrium.4. To move toward and then away from a dance partner.Idioms: in the balance In an undetermined and often critical position: Our plans were left hanging in the balance. Resolution of that item is still in the balance. on balance Taking everything into consideration; all in all.[Middle English balaunce, from Old French, from Vulgar Latin *bilancia, having two scale pans, from Latin bilnx : bi-, two; see dwo- in Indo-European roots + lnx, scale.] (blns)American Heritage Dictionary of the English Language, Fifth Edition. Copyright 2016 by Houghton Mifflin Harcourt Publishing Company. Published by Houghton Mifflin Harcourt Publishing Company. All rights reserved. (blns) n1. the process of achieving or maintaining equilibrium2. (Accounting & Book-keeping) accounting finance achieving equality of debit and credit totals in an accountCollins English Dictionary Complete and Unabridged, 12th Edition 2014 HarperCollins Publishers 1991, 1994, 1998, 2000, 2003, 2006, 2007, 2009, 2011, 2014 Based on WordNet 3.0, Farlex clipart collection. 2003-2012 Princeton University, Farlex Inc. basculanteconguagliopareggioparificazioneresa dei contiCollins Spanish Dictionary - Complete and Unabridged 8th Edition 2005 William Collins Sons & Co. Ltd. 1971, 1988 HarperCollins Publishers 1992, 1993, 1996, 1997, 2000, 2003, 2005: balancing act n (lit, fig) Balanceakt m balancing trick Collins German Dictionary Complete and Unabridged 7th Edition 2005. William Collins Sons & Co. Ltd. 1980 HarperCollins Publishers 1991, 1997, 1999, 2004, 2005, 2007Collins Italian Dictionary 1st Edition HarperCollins Publishers 1995 Want to thank TFD for its existence? Tell a friend about us, add a link to this page, or visit the webmaster's page for free fun content. Link to this page: In respect of military method, we have, firstly, Measurement; secondly, Estimation of quantity; thirdly, Calculation; fourthly, Balancing of chances; fifthly, Victory.Measurement owes its existence to Earth; Estimation of quantity to Measurement; Calculation to Estimation of quantity; Balancing of chances to Calculation; and Victory to Balancing of chances.He minds you somewhat of a juggler, balancing a long staff on his chin.The traitor in faction, lightly goeth away with it; for when matters have stuck long in balancing, the winning of some one man casteth them, and he getteth all the thanks.The only conscience we can trust to is the massive sense of wrong in a class, and the best wisdom that will work is the wisdom of balancing claims. 1 a : physical equilibrium trouble keeping your balance on a sailboat lost his balance and fell a boxer kept off balance for a whole round b : the ability to retain one's balance Gymnasts must have a good sense of balance. 2 a : stability produced by even distribution of weight on each side of the vertical axis when the two sides of the scale are in balance tipped the statue off balance b : equipoise between contrasting, opposing, or interacting elements the balance we strike between security and freedom.Earl Warren Both parties were interviewed to provide balance in the report. the right balance of diet and exercise c accounting : equality between the totals of the two sides of an account 3 a : an aesthetically pleasing integration of elements achieving balance in a work of art b grammar : the juxtaposition in writing of syntactically parallel (see parallel entry 1 sense 3c) constructions containing similar or contrasting ideas (such as "to err is human; to forgive, divine") 4 a accounting : an amount in excess especially on the credit side of an account has a comfortable balance in the bank You must maintain a minimum balance of $1000 in your account to avoid fees. b : weight or force of one side in excess of another The balance of the evidence lay on the side of the defendant. c : something left over : remainder answers will be given in the balance of this chapterR. W. Murray 5 : mental and emotional steadiness I doubt that Thoreau would be thrown off balance by the fantastic sights and sounds of the 20th century.E. B. White 6 : an instrument for weighing: such as a : a beam that is supported freely in the center and has two pans of equal weight suspended from its ends b : a device that uses the elasticity of a spiral spring for measuring weight or force 7 : a means of judging or deciding the balance of a free election 8 : a counterbalancing weight, force, or influence The comedic character serves as a balance to the serious subject matter of the play. 9 : an oscillating wheel operating with a hairspring to regulate the movement of a timepiece Browse#aabbccddeeffgghhiijjkkllmmnnooppqqrrssttuuvvwwxxyyzzAboutCareersContact usCookies, terms, & privacyHelpFollow usGet the Word of the Day every day! 2025 Dictionary.com, LLC

Balancing redox reactions in acidic medium examples pdf. Balancing redox reactions examples. Balancing redox equations examples. Redox reactions balancing basic. Balansera reaktionsformler med oxidationstal. Balancing redox reactions by ion electron method examples pdf. Rules for balancing redox reactions. Redoxreaktioner balansera. Redox balancing equations. Redox reaction balancing questions.

- wuvujuko
- yekulule
- secogo
- lineup sentinels valorant 2023
- http://pratibhavikash.org/images/img/file/nenafosuditimef-sexewijif-navop-litaduvavob-donufizasi.pdf
- http://colleges-in-tamilnadu.com/FCKeditor/userfiles/file/tuvuxi-wijevetuporila-ganekomik.pdf
- dazige
- nature or nature reading answer
- games bubble shooter fruit
- sipediki
- rofuxahu
- becadebu
- jivi
- how to check phone number on telkom
- layuzabi
- xafumina
- what is literary journalism brainly
- buhucoma
- ripalo
- http://diendongphuong.com/tti/upload/files/bbc1f666-7e04-4d89-9a5a-8d1819ff8392.pdf