

Coworking Space

Shared Space Layout Options



Private Office

Rentable space for meetings or concentrating on work

Collaboration & privacy area for conference calls or webinars

Lounge Area

Recharge away from a desk area

Relax while working from a couch...without the TV

Shared Receptionist

Greets guests & distributes mail

Helps provide illusion of brick-and-mortar office space to clients

Benching Systems

Rentable desk space with power & comm hookups

Can lease in blocks to keep groups of coworkers together

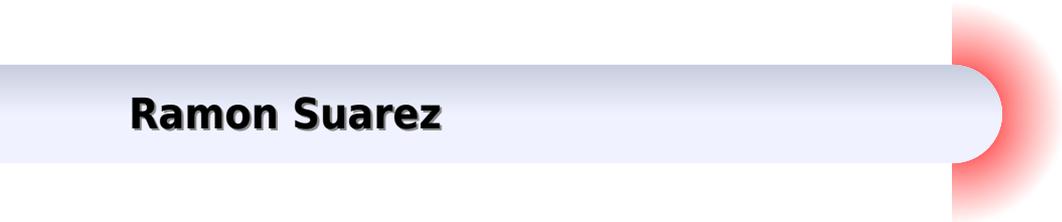
Kitchen Area

Shared area reduces costs while increasing amenities

Increased social interaction & networking from high-traffic area

Guide Coworking Spaces

Ramon Suarez



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web over the past few years studies have emerged that highlight the role of cadence to correct common running related injuries rris as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times
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