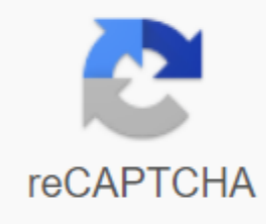




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## Restful best practices pdf

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Try tarte dark circle defense Line the inner rims of your lower lash lines with a flesh-colored pencil to open your eyes. Pottinger likes Trish McEvoy Eye Brightener (\$22). Advertising Credit: Francesco Mosto Choose your party. On the one hand, you've got bros shaped barrels throwing max elevators and sitting there for days, hogging a squat rack. On the other hand, you've got the lean guys who make the most of the stat, using lightweights for fifteen representatives and superset straight into the pull-ups. Are they done? You're not quite sure, but they're moving too fast to ask. But which one does it right? Traditionally, 45-60 seconds was considered the optimal time to rest the set to ensure the muscle was recovered enough to allow him to complete the next set, says Matt Williams, personal trainer at London's Ignite PT. Recent arguments have led to the idea that a shorter rest period, anywhere from 15 to 30 seconds, can lead to a higher size and density increase. Because the less you rest, the greater the metabolic stress, the theory goes that you get more growth in less time. But science hasn't won yet. It comes down to your training goals and what your gym sessions will look like. The rest of you need to be adjusted to take into account your goals. What works for Mo Farah does not help Rich Froning to CrossFit glory, and vice versa. By breaking the rest of the need for different types of lifting, you can cherry-pick to ensure that you hit your goals, ensuring maximum effort and minimal wasted energy. Are you sitting comfortably? Not for long. Strength: If you're training for sheer strength by lifting low reps at high weights, you're going to want to rest for more than two minutes to get your muscles ready for your next set. Low-rep exercises must be completed at maximum capacity, so you have to let them recover completely. A study in the Journal of Strength and Conditioning found that resting for two minutes held no real advantage over taking five - but don't rest longer than that or you risk your muscles getting cold. PT and strength coach Rogan Alport agrees. It sees a strength-based rest period as an average of two minutes and, if necessary, three to five minutes. Generally, the lower the reps, the more rest you need. Three minutes at least between shooting that one rep max. Stamina: While strength requires muscles firing at full capacity, training your muscles to go longer (such as a boxing ring) means keeping them in max efforts for time. Shorter rest longer, sub-maximal sets allow you to make the most of your gym time, while another study in the Journal of Strength and Conditioning found that only short rest training reduces the rate of decline in average repeat speed during the set. Translation? The more representatives you make, the longer you can maintain your performance. Keep resting for less than 60 seconds between sets to keep you going past the finish line. Burning fat: the shorter, according to Evolution of Man PT Tim Walker. Having regard rest time increases the total volume of the set ready workout and thus burns more calories, he tells us. You will also have to produce more lactic acid, increase your metabolic rate and burning fat. Walker recommends a heart rate increase in circuits for compound moves - deadlifts, bench press, chinups and squats - at 10-12 reps with just 45 seconds to rest. A circuit like this can be completed in about 30 minutes and you get the same fat loss benefit for hours o You will burn over, but the fat will melt away. Gaining size: Bulking up is different to getting stronger, but to keep the muscle lean you want to choose both camps: muscle recovery to raise heavier weight, but the intensity that evaporates fat. The main factor in optimal muscle growth is intensity and volume, says Williams. If you're putting your muscles on the tension, volume and load, you'll benefit. By holding between 45 and 60 seconds of rest you can shift heavy metal while keeping your heart rate high, says Williams. The goal is to have less reps for heavier weight than an endurance athlete - but shrinking your rest to supersize your muscles. By: Matt Evans; Photography: Getty; This content is created and managed by a third party and is imported into this page to help users enter their e-mail addresses. You may be able to find more information about this and similar content piano.io John Roy and Adam HuttonYears, The Information Technology Infrastructure Library (ITIL) is the world's most common approach to IT service management. Previous versions of ITIL forced IT organisations to develop and integrate complex and formal processes for controlling and measuring delivery services. But emerging technologies have changed the way IT organisations operate, and ITIL needs to evolve as well. Launched in February, ITIL 4 presents a broader, practice-based design to deliver powerful, market-based improvements. The benefits of these two important improvements, the automation and practice methodology, are IT organisations that need to approach their results. With the rise of automation; The advent of ITIL 4Di delivery models and DevOps, which are associated with agile development practices, has accelerated the construction and deployment of solutions. Continuous deployment, self-healing systems and other technologies are automated for many - and some organizations all - in our manual operations tasks. Machine learning and intelligent automation further reduced the need for human analysis, stressing a large part of itil's guidelines. Together, ITIL and IT operations gained a reputation as a goalkeeper: either as a management group of the previous system or in certain respects as a vendor and risk management function. Although the ITIL version 3 framework for the execution of processes maintained a strong position in IT operations, it clearly showed its age as other approaches were shown to fill gaps and add more value. ITIL, which has a refocus on IT 4, from failure injection testing to FAANG companies (Facebook, Apple, Amazon, Netflix, and Google) apply. FAANG companies align their IT functions with the overall business strategy by presenting worst-case scenarios and developing solutions. If someone started randomly shutting down servers in their data center or cloud provider, how did your applications fare? Site Reliability Engineering is a new discipline born of infrastructure activity concerns that seeks to address these very issues. ITIL 4 adopts the lifecycle of this new value system, which favours holistic practices over processes and procedures to define how services are provided. There's a new sheriff in town with itil 4's emphasis on practice over the process. This is a brand new platform and its fluidity gives companies the ability to search and solve an almost infinite number of IT glitches and slow down without hampering speed success. - Adam Hutton, Director of Digital Enablement, KPMG, LLP By going to a linear process path with a interconnected set of fluid competencies, ITIL 4 value is maximized by flexible framework practices, rather than as a recipe for how to work. After all, the practice is more dynamic than the process, but this logic was often lost during the implementation of ITIL version 3. Rewrite and rethink your practice One of the biggest challenges of ITIL 4 implementation is the understanding that a well-functioning practice can have multiple processes, and each process can have permutations into different delivery scenarios. IT may need to rewrite its processes and rethink the way these processes are carried out. Focusing rigidly on defining the process of adopting good practice ensures that the objectives are achieved even when the linear flow is disrupted. For example, if your process is to get to the airport on time, taking your car and your car breaks, you won't be able to get to the airport on time. However, if your practice is to get to the airport on time and your car is interrupted, you can take a taxi, bus, Uber or ask a friend to drive. Success through agility-that's what ITIL 4 is all about. At KPMG we understand the realignment that needs to be done in IT departments to go to ITIL V3 ITIL 4. We have done this and we know how to do it effectively. This may seem daunting, but you can see positive results if you bend away from rigid IT processes in the past and embrace a more holistic, practice-led culture. - John S. Roy, Agile Strategy Leader, KPMG, LLP Consider the task of changing control of an organization that practices continuous delivery. The objectives of the change control will continue to be consistent: risk assessment and mitigation, coordination of the implementation of the change and monitoring during and immediately there e However, the way in which these objectives are achieved is likely to be very different by fully automated deployment to production. Organic IT Transformation Many of our customers leverage and DevOps release new content and features weekly, daily or even more frequently. However, the tedious execution process involves running automatic change requests at each major stage, followed by automatic testing and an automatic version management ticket. KPMGITIL 4 practices can reduce risks, schedule and coordinate, while facilitating the automatic implementation of change and exemption initiatives. This will allow for permanent improvement while IT continues to fulfil the objectives of the provision of services. In addition, technology professionals can focus more

organically on what exactly their organization is tasked with delivering. While the role of an incident analyst is to diagnose a disruption of services, their efforts are not to ticket them. This is to restore the service and prevent the same problem from happening again - or even prevent it from happening in the first place. Look beyond certificationTechnology managers need to look beyond terminology changes and consider the rationale for these changes. The real benefits of implementing ITIL 4 stem from how IT needs to adapt to current and emerging technology trends as it fights for relevance in a business environment that can and will outsource management when internal resources are not at the height of the task. To get more information about ITIL 4 improvements to help delete rigid, rote work streams that ITIL version 3 tried but failed to get up above, visit KPMG's modern delivery website. Some or all of the services described here may not be enabled for KPMG audit clients and related entities. The information contained herein is of a general nature and is not intended to deal with the circumstances of a particular person or entity. While we strive to provide accurate and timely information, there can be no guarantee that such information will be accurate from the date of receipt or that it will continue to be accurate in the future. No one should act on the basis of such information without appropriate professional advice after a thorough examination of the specific situation. KPMG's name and logo are registered trademarks or trademarks of KPMG International. Copyright © 2019 IDG Communications, Inc. Inc.

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