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How many times do you do something when you should know better? It doesn't matter if it's a minor transgression, such as sneaking a cookie after dinner, to the big mistakes in life that land you in serious doo-doo. We all do it. We all make mistakes and fail to listen to our own advice. Today, however, was another matter for me. I actually listened to the professional advice that I gave everyone in yesterday's blog post about skipping your workout if you're sick. So no matter how many times I tried to justify exercising with this cold, I used common sense and didn't do a heavy lifting session. However, I did 15 minutes on a recumbant bike - something I haven't done in years. But there was a purpose to it, too. So I stayed away from the gym where I lift, because a) I didn't want to make this cold worse b) I wasn't going to have a quality workout anyway c) I didn't want to spread my bacteria on the subway and in the weight room. Very altruistic, right? So I sneaked down to the empty gym in my building to ride a bike to help my legs recover after the weekend and Monday's workout. It turns out that my quadriceps (mostly my vastus lateralis and rectus femoris - outer and middle areas of the front of my thighs) have had severe muscle soreness over the past two days. I've done foam rolling on them, but soreness remains. The soreness is a result of Monday's front squat and a 3-hour walk I did with my dog on Sunday. I wore some heavy boots and I think my legs weren't used to it... so the duration of the trip led to some tenderness. By cycling, the theory is that doing low intensity activity helps to increase blood flow through the damaged muscle and will help boost recovery. I would have liked to have pulled the sled at the gym, but since I didn't go, I got stuck with the bike. I did more foam rolling after that. For more on sled training, see this article by Jason Ferruggia: Sled Drag for Strength & Recovery I'll try for a real workout tomorrow or Friday. CB This content is created and maintained by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io The Beauty Lookbook Urban Decay is a cult status beauty brand, and with cult brands comes cult fans. UD fans aren't random with their fandom - if you love the brand, your odds are that your make-up arsenal is stuffed with its iconic eye shadow palettes and eyeliners, powerful lipsticks and more. But owning scores of UD products is not enough to call you a super fan. According to the brand's founder, Wende Zomnir, and UD Global Makeup Artist, Steve Kassajikian, there are certain makeup habits and techniques that you just have to follow to call yourself a real UD girl. That's right - we're officially putting the urban decay obsession to the test. The Queen and the King of Urban Decay approve of your make-up game? Keep scrolling to find out if you the 10 essential makeup rules! Rule #1: The Compulsive Prime and Set Their Makeup Urban Decay All Nighter Long-Loading Makeup Setting Spray \$33 Shop Eye shadow primer, tilt primer, face primer, lip primer, set fog, and powder of all kinds: There's a reason Urban Urban sells so much of this stuff. Real UD girls don't mess around when it comes to making sure their makeup stays in place all day. According to Zomnir and Kassajikian, an important UD rule is to prime the lids with the brand's Eyeshadow Primer Potion (\$24) and put your makeup either with Chill Cooling and Hydrating Makeup Setting Spray (\$33) or All Nighter Long Lasting Makeup Setting Spray (\$33). The Ultimate Ozone Multipurpose Primer Pencil (\$18) is every beauty junkie's best friend, Kassajikian adds. I use it to prime my lips, brows and T-zone. And don't forget tilt primer: It makes a big difference, says Zomnir. @urbandecaycosmetics Rule #2: The Embracing Glitter Sparkle is for adults - it's actually flattering! says Zomnir. Wearing sparkling eye shadow is a classic way to rock the sparkle Urban Decay style. Pro tip: Apply All Nighter setting spray (\$33) to brush; then dip into the color, says Kassajikian. This will give the eye shadow more dimension, and prevent glitter fallout. Rule #3: They're never caught without Lip Liner Urban Decay 24/7 Glide-On Lip Pencil \$21 Shop Zomnir and Kassajikian agree: Lip liner is an absolute must in any UD devoted daily kit. For definition, line lips with waterproof 24/7 Glide-On Lip Pencil (\$21); then fill in the entire lip for extra long wear. These lip pencils are a perfect base for shine or lipstick, says Kassajikian. @urbandecaycosmetics Rule #4: They Apply Eye Makeup Before Face Makeup It's a Classic Beauty Debate: Should You Use Foundation First or Eye Makeup? According to Kassajikian, applying eye makeup before taking care of your skin is urban decay way. This allows you to clean up the fallout before perfecting your skin, he says. It saves you time and product. Rule #5: They keep their Contour Simple Urban Decay Naked Skin Weightless Complete Coverage Concealer \$29 Shop Urban Decay girl keeps her collection of contour products to a minimum. I don't believe in using more products and shades to contour the face, Kassajikian says. What I love to use is the Naked Flushed cheek palette (\$34), because it's an all-in-one product that allows you to create a portable highlight and contour on a daily basis. Want to keep it even easier? Zomnir says that Naked Skin concealer is the best contour product Rule #6: They double up on Blush and Highlighter Urban Decay Afterglow 8-Hour Powder Highlighter \$26 Shop Minimal Contour, Maximum Blush and Highlight: It's the UD aesthetic. To create even more dimension on the face, make two shades of blush and two shades of highlighter, zomnir says. For summer, it is the perfect look. @urbandecaycosmetics rule #7: They do not Overboard With Brows The perfect UD forehead strikes the perfect balance between natural and bold. Don't pull on a too dark, overly sharp forehead, says Zomnir. Instead, define your brows with Brow Beater Microfine Brow Pencil and Brush (\$20), then set it with Brow Tamer Flexible Hold Tinted Brow Gel (\$20). I shape the brows by feeding them first from bottom to top, and then filling them using light strokes to give the illusion of hair, says Kassajikian. If you want to go a little bolder, Zomnir suggests darkening the tail of the brows a little after shaping and filling them in. It adds more drama without making it look exaggerated, she says. Rule #8: They take risks with style, but not with execution Urban Decay Naked Reloaded \$44 Shop True UD girls live to play with new makeup colors and looks. But as a rule, they never debut anything new publicly until they nail their technique. If you want to experiment with a new look or eye color, test it out just before going to bed, Zomnir advises. It gives you a chance to figure it out, and you can wash the bugs down the drain. @urbandecaycosmetics Rule #9: They swear by half tilts Not all UD girls are an expert at using fakes. Half lashes are magical, says Zomnir. They add drama, but they're easy to use - foolproof! @urbandecaycosmetics Rule #10: They're Not Obsessed With Trends Most importantly, UD fans are anomalies. Don't look like everyone else, Zomnir reminds us. Get inspired, but find your own beauty style. Remember, cashier adds, there are no rules! NCIS has been on the air for a while; meaning, with seventeen seasons of content, it is bound to be narrative missteps - character choices that don't exactly work and plot lines that feel fuzzy, illogical or out of place. NCIS Cast | Kevin Lynch/CBS via Getty Images The latest episode of NCIS left several fans a little worried about one of the protagonists - Gibbs, and a little annoyed at some of the unrealistic choices used to bring home ideas or accentuate a character's personality. So, let's break down what went wrong with the latest episode of NCIS. 1 and 2. Shooting arrows into a lab and throwing a phone into a fire seems a little ridiculous in a scene in the latest episode of NCIS, a character decides to shoot an arrow directly into an open doorway and a chemical hood made of glass, which fans noted felt a little unrealistic. However, this is not the first time the writers made illogical choices for the sake of drama. In fact, it wasn't the only time in a single episode, as Gibbs later through a phone into a fire, as an indignant way of explaining that he doesn't need a smartphone. Speaking about these moments, fans noted: The phone thing was the dumbest part of what was generally a decent episode. Reddit User There is no way any person would shoot arrows against a) an open doorway and b) a chemical cap that is all glass. Reddit User Because Why You do not shoot arrows arrows arrows against the evacuation cap in the lab, right? Especially when you know your goal is questionable. Reddit user The stupidest thing was throwing a battery into a fire. Reddit user While the above cases show that the authors often set aside human logic, they also often forget the dynamics of the characters, and the way they work best together. 3. What happens to Gibbs and Sloane in 'NCIS'? At the end of the last NCIS episode, fans discovered that Jack Sloane accidentally received chocolate (as they were meant for a colleague). The episode's progression, however, led many to believe that they may have been from Gibbs. And, the show has previously hinted at a romantic relationship between the two that comes to fruition, which fans claim feels forced, and off. While Gibbs may need to find romance as part of his overall character arc, Sloane doesn't feel like the right choice. One fan explained in an online discussion: And then there's Sloane mixed in here. I have the feeling that they are both interested in each other, but Sloane will not push Gibbs, and he would probably be difficult if a social situation with Sloane came up. I have really mixed feelings about all this. Lately, everything seems to indicate that Gibbs is going to get along with someone, most likely Sloane, but all about it seems just a bit off. Reddit User Fans noted that they should have known the chocolate was for someone else or from someone else, but they could have been from Gibbs; meaning, the show is pushing a romance that may not improve NCIS's narrative. Tale.

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