

2500 x 3235
Image Dummy

UTHRIEL SEAWALKER

*young adult water genasi
chaotic neutral
Level 7 sorcerer*

Pronouns: she/her
Occupations: Sailor
Armor Class 14
Hit Points 40 (TODO Hitdice)
Speed 30 walking, 30 swimming

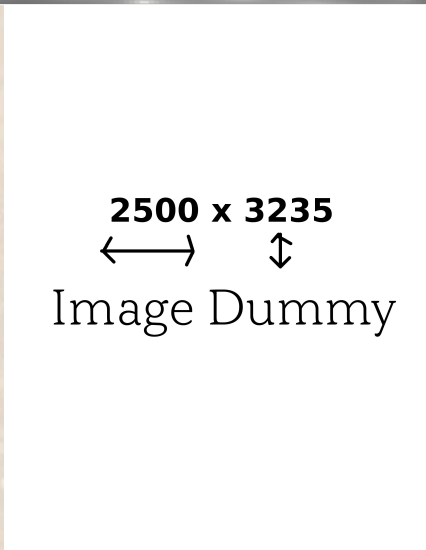
STR	DEX	CON	INT	WIS
13	16	16	19	13
(+2)	(+3)	(+3)	(+5)	(+2)

CHA

15
(+3)

Saving Throws TODO Saving Throws
Skills
Proficiencies
Damage Immunities
TODO Damage Immunities
Condition Immunities
TODO Condition Immunities
Senses TODO Senses
Languages
Common Priomrdial Elven Triton ,
Adjectives ,

Special Abilities



ROLEPLAYING

Introduction

A strange looking blue humanoid floats down from the crow's nest as the party boards the ship

Appearance

Muscular and Heavy-set, black hair, light blue skin, pointed ears and loose flowing robes. A swallow tattoo on her arm

Expressions

"I love this sea!" "The weather suits us!"

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Senses TODO Senses
Languages
Common Priomrdial Elven Triton ,
Adjectives ,

Special Abilities

- Sorcerer Spellcasting, Font of Magic, MetaMagic | Storm Sorcerer Wind Speaker, Tempestuous Magic, Heart of the Storm, Storm Guide | Genasi Traits: Acid Resistance, Amphibious, Call to Waves

Special Equipment

- Tempest Sails and a Ghost-Lantern Bowsprit

Combat Tactics

Actions

Spell Attacks | Cutlass

Factions

ROLEPLAYING

Introduction

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Magic, MetaMagic |
Sorcery: Wind Spear
Tempestuous Magic
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Genasi Traits: Acid
Resistance, Amphib
to the Waves

- Tempest Sails and a Lantern Bowsprit

Spell Attacks | Cutlass

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 10-week training program consisting of 3 sessions per week of 30 min of aerobic exercise at 70% of their maximum heart rate. The CON group did not exercise. The HR and HRR were measured at rest and during a maximal exercise test at baseline and after 10 weeks. The EX group showed a significant decrease in HR at rest and during maximal exercise, and a significant increase in HRR at rest and during maximal exercise, compared to the CON group. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.

Motivations

A fierce confidence pushed

Passions

The Sea. The salt air. Her

Secrets

She knows where there is

[illegible]

Muscular and Heavy set

Espressioni

"I own this sea": "The we"

Manerisms

A slightly pigeon-toed wa-

Motivations

A fierce confidence pushed

Passiens

The Sea. The salt air. Her

Secrets

She knows where there is
