

Total Body

DAREBEE WORKOUT @ darebee.com

30 seconds rest between sets - 2 minutes rest between exercises



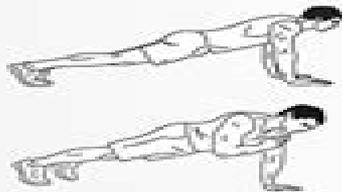
10 squats x 4 sets



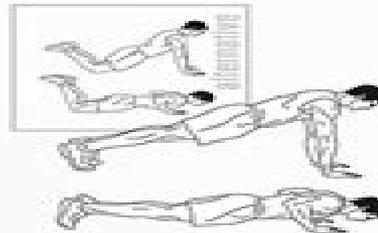
10 lunges x 4 sets



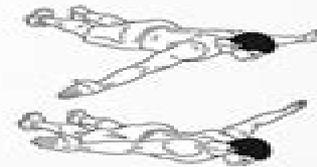
10 calf raises x 4 sets



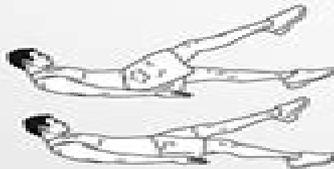
20 shoulder taps x 4 sets



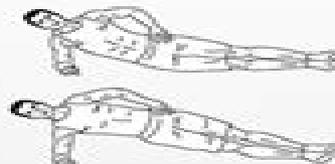
5 push-ups x 4 sets



10 prone reverse flys x 4 sets



20 flutter kicks x 4 sets



10 side bridges x 4 sets



40 side leg raises x 2 sets

Learn Body Workout Guide

RC Schank



Learn Body Workout Guide:

Unveiling the Magic of Words: A Review of "**Learn Body Workout Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Learn Body Workout Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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