

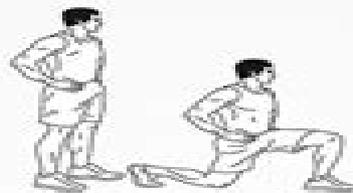
# Total Body

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

30 seconds rest between sets - 2 minutes rest between exercises



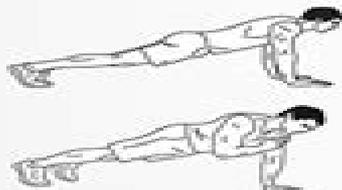
**10 squats x 4 sets**



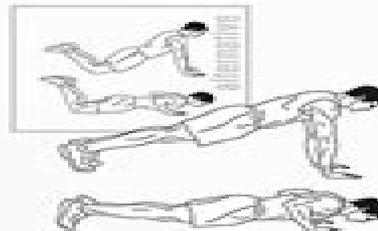
**10 lunges x 4 sets**



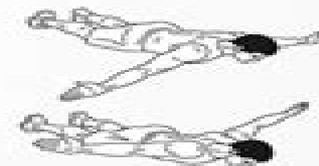
**10 calf raises x 4 sets**



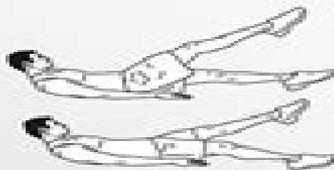
**20 shoulder taps x 4 sets**



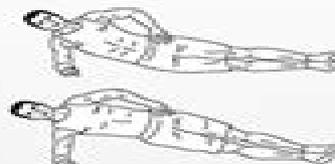
**5 push-ups x 4 sets**



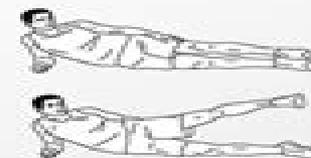
**10 prone reverse flys x 4 sets**



**20 flutter kicks x 4 sets**



**10 side bridges x 4 sets**



**40 side leg raises x 2 sets**

# Learn Body Workout Guide

**Mike Jess**



## **Learn Body Workout Guide:**

## **Learn Body Workout Guide** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Learn Body Workout Guide**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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