

# Total Body

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

30 seconds rest between sets - 2 minutes rest between exercises



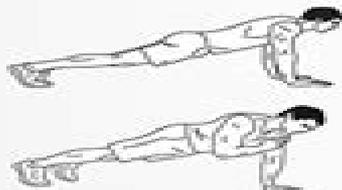
**10 squats x 4 sets**



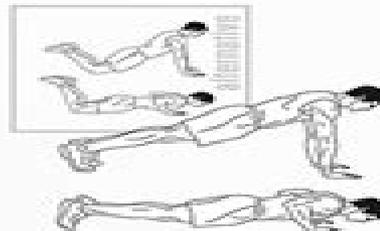
**10 lunges x 4 sets**



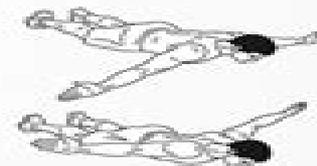
**10 calf raises x 4 sets**



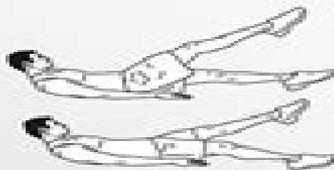
**20 shoulder taps x 4 sets**



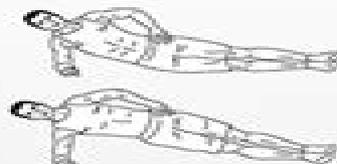
**5 push-ups x 4 sets**



**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

**Sabine Zange**



## **Learn Body Workout Guide:**

## **Learn Body Workout Guide** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Learn Body Workout Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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