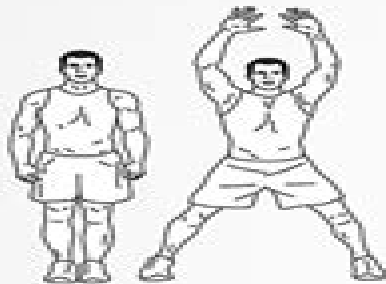
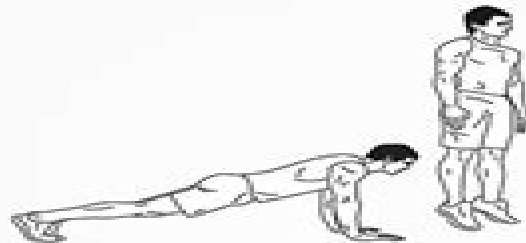


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DAREBEE WORKOUT @ darebee.com
3 sets 2 minutes rest between sets



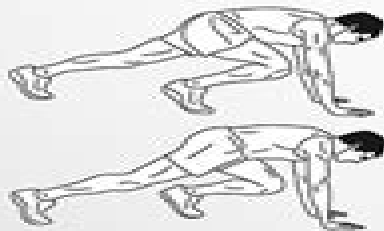
10 jumping jacks



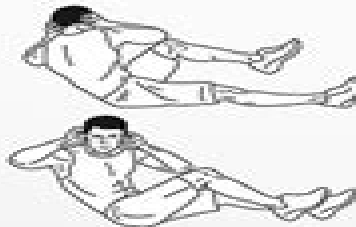
5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Quick Start Fitness Workout

Glenn Harrold

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Bowker's Complete Video Directory, 2000 *Video Source Book*, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

Weight Training Made Easy Joyce L Vedral, PH D, Joyce Vedral, 1997-12

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Fast Lane to Fitness Robert Kennedy, Dwayne Hines, II, 2006-01-23 This book addresses endurance strength and flexibility training as well as the essential elements that can make or break your progress

World Tennis, 1986-12 New quick, easy way to flatten your stomach Ann Dugan, 1985 *USA Today*, 2006-07

Exercise Physiology for Health Professionals Stephen R. Bird, 1992 Anatomy for Strength and Fitness Training Mark Vella, 2006-08-22 Contains full color drawings demonstrating how the various muscle groups are used during the most popular exercises with tips for good form expert commentary on each exercise and specific exercise programs for muscle tone and flexibility

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