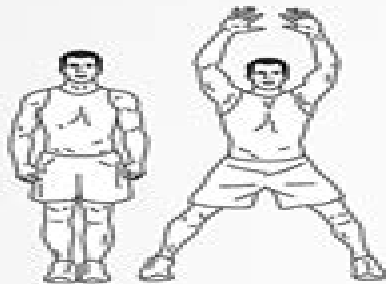


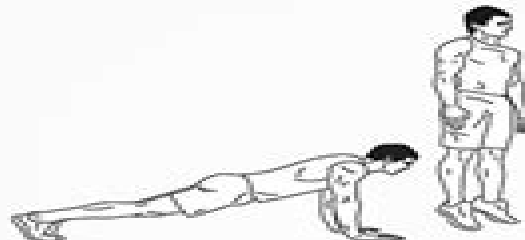
# Quick **Start**

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

**3 sets**    2 minutes rest between sets



**10** jumping jacks



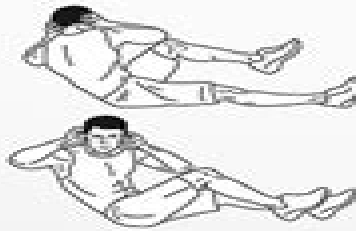
**5** basic burpees ( no push-up)



**10** side leg raises



**10** climbers



**10** knee-to-elbow crunches



**20sec** elbow plank hold

# Fitness Workout Quick Start

**Barrett Williams, ChatGPT**

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

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**BIOHACKING: A QUICK START GUIDE** Samuel James, Samuel Inbaraja using ChatGPT, Welcome to Biohacking A Quick Start Guide This book is your ultimate roadmap to diving into the fascinating world of biohacking a field that merges biology with self improvement techniques to optimize your body and mind If you re new to the concept biohacking might sound like something out of a sci fi movie but it s very much real and accessible Whether you re looking to boost your mental clarity enhance your physical performance or simply live a healthier life biohacking offers practical strategies and cutting edge technologies to help you achieve your goals

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**Bowker's Complete Video Directory**, 2000

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