

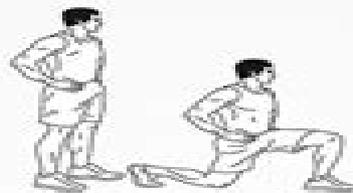
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DAREBEE WORKOUT @ darebee.com

30 seconds rest between sets - 2 minutes rest between exercises



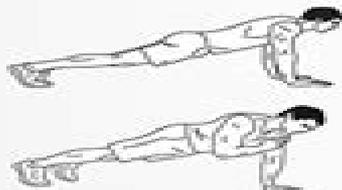
10 squats x 4 sets



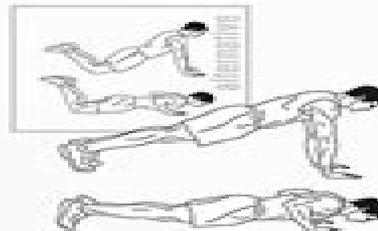
10 lunges x 4 sets



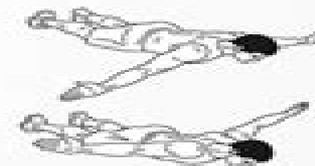
10 calf raises x 4 sets



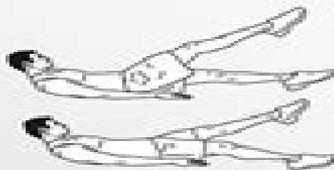
20 shoulder taps x 4 sets



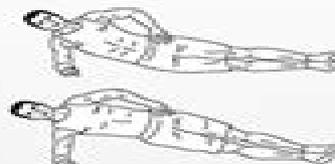
5 push-ups x 4 sets



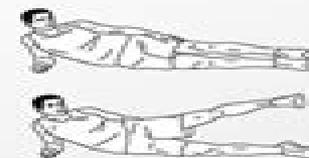
10 prone reverse flys x 4 sets



20 flutter kicks x 4 sets



10 side bridges x 4 sets



40 side leg raises x 2 sets

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David Kirk



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web things fall apart quiz 1 1 chinua achebe was born and educated in mali south africa nigeria chad 2 achebe was raised by parents who were university professors evangelical christians buddhist monks an igbo priestess and medicine man 3 the novel takes place in mbanto both umuofia and mbanto umuofia johannesburg 4 okonkwo was born the son

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web questions answers why is ezinma so special to okonkwo why does nwoye convert to christianity why does okonkwo hang himself why are the villagers shocked when okonkwo beats his wife during the week of peace why are the villagers excited whenever the locusts come why does nwoye admire ikemefuna