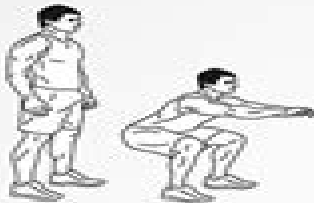


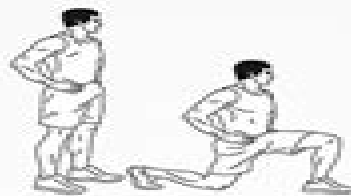
# Total Body

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

30 seconds rest between sets - 2 minutes rest between exercises



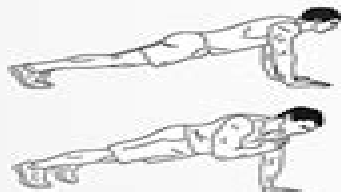
**10 squats x 4 sets**



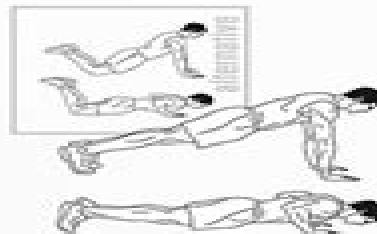
**10 lunges x 4 sets**



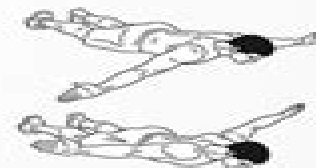
**10 calf raises x 4 sets**



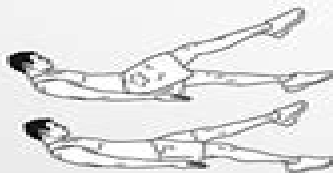
**20 shoulder taps x 4 sets**



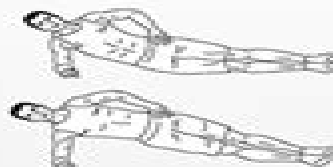
**5 push-ups x 4 sets**



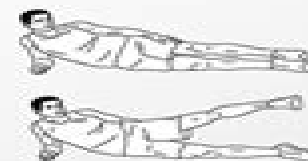
**10 prone reverse flys x 4 sets**



**20 flutter kicks x 4 sets**



**10 side bridges x 4 sets**



**40 side leg raises x 2 sets**

# Total Workout For Men Only

**Ensheng Dong**



**Total Workout For Men Only:**

## Decoding **Total Workout For Men Only**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Total Workout For Men Only**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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