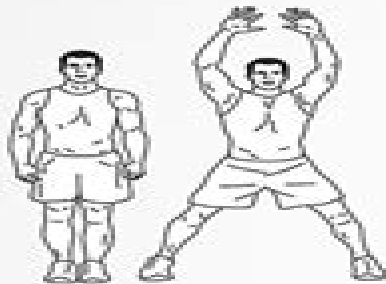
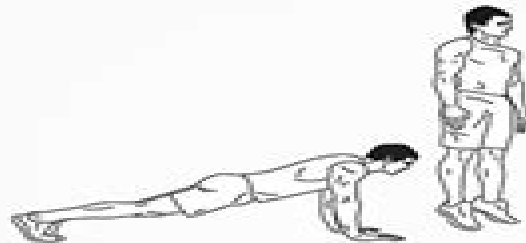


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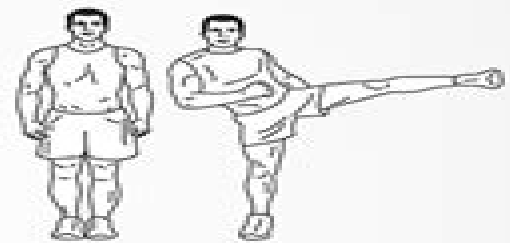
DAREBEE WORKOUT @ darebee.com
3 sets 2 minutes rest between sets



10 jumping jacks



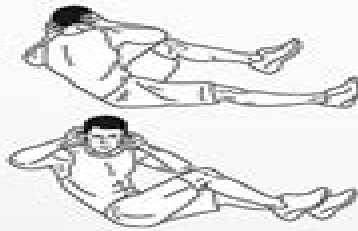
5 basic burpees (no push-up)



10 side leg raises



10 climbers



10 knee-to-elbow crunches



20sec elbow plank hold

Fitness Workout Quick Start

Ben Pratt

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

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Kellyann Petrucci, Patrick Flynn, 2013-11-18 Paleo workouts that are heavy on results and low on equipment investment *Paleo Workouts For Dummies* offers a program of back to the Stone Age exercises with specially designed workouts that burn fat fight disease and increase energy The paleo workouts found in this step by step guide promote sound activities with a strong emphasis on practicing and mastering fundamental primitive human movements such as squats hinges pushes pulls sprints crawls and more *Paleo Workouts For Dummies* caters to the anti gym crowd who want a convenient program that can be used anywhere anytime In addition vital details on healthy Paleolithic foods that maximize energy levels for the intense workout routines are covered Companion workout videos can be accessed for free at Dummies.com The video content aids you in mastering paleo moves and techniques covered in the book Offers a complete cardiovascular and strength workout By focusing on the primal movements that humans evolved to perform *Paleo Workouts For Dummies* is for anyone following a paleo diet routine as well as those curious about how to maximize their paleo workouts **The Easy Paleo Diet**

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