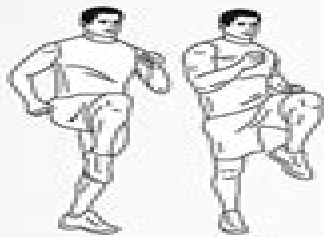
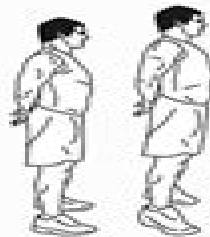


# STAMINA BUILDER

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



**3min** high knees



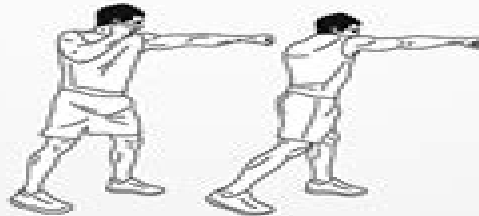
**3min** calf raises



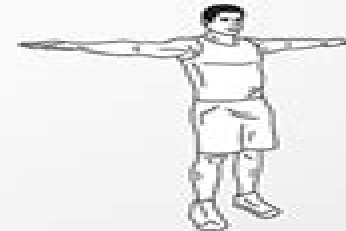
**3min** wall-sit



**3min** elbow plank hold



**3min** punches



**3min** raised arm hold

# Building Strength Stamina

**J Rink**



## **Building Strength Stamina:**

*Building Strength and Stamina* Wayne L. Westcott, Nautilus Human Performance Systems, 2003 Explains how to exercise with weights and why strength training is important with step by step instructions and photographs describing how to properly perform various strength building exercises

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Macfadden's Encyclopedia of Physical Culture Bernarr Macfadden, 1912

*Blueprint: Build a Bulletproof Body for Extreme Adventure in 365 Days* Ross Edgley, 2021-09-02 From world renowned adventurer and bestselling author of *The Art of Resilience* and *The World's Fittest* Book comes the ultimate blueprint to building a bulletproof body He is an animal

CHRIS HEMSWORTH The inner workings of a sports science genius

EDDIE HALL former World's Strongest Man

Dental Era, 1909

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