

THE D.I.Y. HOME CHALLENGE

♥	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	ARMS x3 5 PUSH UP 20s PLANK 10 MT CLIMBER 8 TRICEP DIP	BOOTY x3 10 BRIDGE 30s SWIMMER 20s WALL SIT 10 SUMO SQUAT	ABS x3 20s SIDE PLANK 5 ELBOW-KNEE 10 RUSSIAN 15 CRUNCH	CARDIO <i>#FitGirlsGrade</i>	BOOTYCORE x3 10 SUMO SQUAT 20s WALL SIT 20s SIDE PLANK 10 CRUNCH	ARMCORE x3 10 RUSSIAN 8 TRICEP DIPS 15 MT CLIMBER 5 PUSH UP	STROLL + STRETCH
Week 2	ARMS x3 6 PUSH UP 40s PLANK 20 MT CLIMBER 12 TRICEP DIP	BOOTY x3 12 BRIDGE 30s SWIMMER 30s WALL SIT 12 SUMO SQUAT	ABS x3 40s SIDE PLANK 8 ELBOW-KNEE 15 RUSSIAN 20 CRUNCH	CARDIO	BOOTYCORE x3 12 SUMO SQUAT 30s WALL SIT 40s SIDE PLANK 15 CRUNCH	ARMCORE x3 15 RUSSIAN 12 TRICEP DIPS 20 MT CLIMBER 8 PUSH UP	STROLL + STRETCH
Week 3	ARMS x3 8 PUSH UP 60s PLANK 30 MT CLIMBER 15 TRICEP DIP	BOOTY x3 15 BRIDGE 30s SWIMMER 40s WALL SIT 15 SUMO SQUAT	ABS x3 50s SIDE PLANK 12 ELBOW-KNEE 20 RUSSIAN 25 CRUNCH	CARDIO <i>#FitGirlsGrade</i>	BOOTYCORE x3 15 SUMO SQUAT 40s WALL SIT 50s SIDE PLANK 20 CRUNCH	ARMCORE x3 20 RUSSIAN 15 TRICEP DIPS 30 MT CLIMBER 10 PUSH UP	STROLL + STRETCH
Week 4	ARMS x3 10 PUSH UP 80s PLANK 40 MT CLIMBER 20 TRICEP DIP	BOOTY x3 20 BRIDGE 45s SWIMMER 60s WALL SIT 20 SUMO SQUAT	ABS x3 60s SIDE PLANK 15 ELBOW-KNEE 25 RUSSIAN 30 CRUNCH	CARDIO	BOOTYCORE x3 20 SUMO SQUAT 60s WALL SIT 60s SIDE PLANK 25 CRUNCH	ARMCORE x3 25 RUSSIAN 20 TRICEP DIPS 40 MT CLIMBER 10 PUSH UP	STROLL + STRETCH

Fit Girls Guide 2day Challenge Reviews

Lingsheng Yao

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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Family Fitness Challenge J'nelle Ruscetti, 2013-12-09 J'nelle Ruscetti has her masters in science and is a physician assistant in family medicine. She has been practicing medicine since 1997 and did her training in Colorado at the Child Health Associate Physician Assistant Program. She lives near the beach in Wilmington North Carolina where she spends her time outside the office participating in an active lifestyle with her husband Howard, a family medicine physician in Carolina Beach and their four children. Since January 2012, she has devoted a couple hours a week as a volunteer instructing the child obesity intervention and prevention program she developed in her community, the Family Fitness Challenge. The Head Teachers Review, 1967 Congressional Record United States. Congress, 1973 *The Great Body Bible* The Fitness Wizards, 2014-10-14 Finally we had realised that our fitness and nutrition habits worked in the rest of our lives also and are now able to show good habits to our circle of influence across the whole of our lives. It is never too late to make that lasting impression not with loud words but with worthy actions. Appearing perfect is not the example to set; being human and accepting responsibility for your life is far worthier. You can be whatever you want to be though at times you may find that hard to believe. Life is too short to live through it being any less than the best that you can be. Imagine yourself in one year: how would you like to look and feel? Are you fit, strong, confident, proud, and healthy? Are you the perfect role model for all of the people who know you? Are you working towards these goals right now or are they just wishes and hopes for the future? If your dreams seem far away or unrealistic, you can bring them into your reality right now in this very moment by making a commitment to change the way you think and thus change your life. We wrote this book for you to provide the simple guidelines that you need to coach and attain your dream body, health, and fitness and to become an ideal role model for everyone that knows you. Our job is to show you how you can have the body, fitness, health, and peace of mind you crave. You can become the star in your own life performance. We will tell you exactly what has worked for us. We will share our potent habits and you can choose which you can use in your life. Your job is to make a commitment to yourself to undergo the coaching process, become your own coach, and be ready to accept with an open mind any new ideas and the new you. Your life is an amazing journey, so get enthusiastic about your future and generate some real excitement; you have everything to gain. Become your own biggest fan because self-belief is potent magic. Resources in Education, 1997 Journal of Health, Physical Education, Recreation, 1957 Roundtable on "Crisis in the ER--how Can We Improve Emergency Medical Care?" United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions. Subcommittee on Bioterrorism and Public Health Preparedness, 2007 **The W.B.A. Review**, 1919 **The Journal of Physical Education**, 1956 **Paint, Oil and Chemical Review ...**, 1911

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