

# THE D.I.Y. HOME CHALLENGE

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

# Fit Girls Guide 2day Challenge

**Mark Steyvers**

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

## **Fit Girls Guide 2day Challenge:**

Delve into the emotional tapestry woven by Emotional Journey with in Experience **Fit Girls Guide 2day Challenge** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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