

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

# Fit Girl Guide 2day Challenge

**Ian Pickup**



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

## Adopting the Song of Phrase: An Psychological Symphony within **Fit Girl Guide 2day Challenge**

In a world taken by monitors and the ceaseless chatter of fast connection, the melodic elegance and emotional symphony produced by the prepared term usually disappear into the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. However, located within the pages of **Fit Girl Guide 2day Challenge** an enchanting literary treasure brimming with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on a mental journey, well unraveling the concealed tunes and profound affect resonating within each carefully constructed phrase. Within the depths of the moving analysis, we will examine the book is central harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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