

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 Promo Code

Daniel F McAuley

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

Fit Girls Guide Promo Code:

The book delves into Fit Girls Guide Promo Code. Fit Girls Guide Promo Code is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Fit Girls Guide Promo Code, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Fit Girls Guide Promo Code
 - Chapter 2: Essential Elements of Fit Girls Guide Promo Code
 - Chapter 3: Fit Girls Guide Promo Code in Everyday Life
 - Chapter 4: Fit Girls Guide Promo Code in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Fit Girls Guide Promo Code. The first chapter will explore what Fit Girls Guide Promo Code is, why Fit Girls Guide Promo Code is vital, and how to effectively learn about Fit Girls Guide Promo Code.
3. In chapter 2, the author will delve into the foundational concepts of Fit Girls Guide Promo Code. This chapter will elucidate the essential principles that need to be understood to grasp Fit Girls Guide Promo Code in its entirety.
4. In chapter 3, this book will examine the practical applications of Fit Girls Guide Promo Code in daily life. The third chapter will showcase real-world examples of how Fit Girls Guide Promo Code can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Fit Girls Guide Promo Code in specific contexts. The fourth chapter will explore how Fit Girls Guide Promo Code is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Fit Girls Guide Promo Code. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Fit Girls Guide Promo Code.

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