

# 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>#FitGirlsGrade</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>#FitGirlsGrade</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>

# Fir Girls Guide

**R Barnett**



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