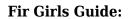
# THE D.I.Y. HOME CHALLENGE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	ARMS x3 5 PUSH UP 205 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 *FitGrikGuid	BOOTYCORE x3 no 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 305 SWIMMER 305 WALL SIT 12 SUMO SQUAT	ABS x3 40s SIDE PLANK 8 ELBOW-KNEE 15 RUSSIAN 20 CRUNCH	CARDIO	BOOTYCORE x3 12 SUMO SQUAT 304 WALL SIT 405 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 605 PLANK 30 MT CLIMBER 15 TRICEP DIP	BOOTY x3 15 BRIDGE 305 SWIMMER 405 WALL SIT 15 SUMO SQUAT	ABS x3 50s SIDE PLANK 12 ELBOW-KNEE 20 RUSSIAN 25 CRUNCH	CARDIO #FitCrifiCrish	BOOTYCORE x3 15 SUMO SQUAT 406 WALL SIT 506 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 454 SWIMMER 605 WALL SIT 20 SUMO SQUAT	ABS x3 601 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

# **Fir Girls Guide**

**R Barnett** 



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