

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 Girl Guide 2day Challenge

Jessica J Manson



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Table of Contents Fit Girl Guide 2day Challenge

1. Understanding the eBook Fit Girl Guide 2day Challenge
 - The Rise of Digital Reading Fit Girl Guide 2day Challenge
 - Advantages of eBooks Over Traditional Books
2. Identifying Fit Girl Guide 2day Challenge
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fit Girl Guide 2day Challenge
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fit Girl Guide 2day Challenge
 - Personalized Recommendations
 - Fit Girl Guide 2day Challenge User Reviews and Ratings
 - Fit Girl Guide 2day Challenge and Bestseller Lists
5. Accessing Fit Girl Guide 2day Challenge Free and Paid eBooks
 - Fit Girl Guide 2day Challenge Public Domain eBooks
 - Fit Girl Guide 2day Challenge eBook Subscription Services
 - Fit Girl Guide 2day Challenge Budget-Friendly Options

6. Navigating Fit Girl Guide 2day Challenge eBook Formats
 - ePub, PDF, MOBI, and More
 - Fit Girl Guide 2day Challenge Compatibility with Devices
 - Fit Girl Guide 2day Challenge Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fit Girl Guide 2day Challenge
 - Highlighting and Note-Taking Fit Girl Guide 2day Challenge
 - Interactive Elements Fit Girl Guide 2day Challenge
8. Staying Engaged with Fit Girl Guide 2day Challenge
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fit Girl Guide 2day Challenge
9. Balancing eBooks and Physical Books Fit Girl Guide 2day Challenge
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fit Girl Guide 2day Challenge
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Fit Girl Guide 2day Challenge
 - Setting Reading Goals Fit Girl Guide 2day Challenge
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Fit Girl Guide 2day Challenge
 - Fact-Checking eBook Content of Fit Girl Guide 2day Challenge
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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