

# 28-DAY WORKOUT CHALLENGE

## Day 1

	SETS	REPS
Running in place	2	30sec
Lunges	2	10
Glute bridges	2	10
Running in place	2	30sec
Squats	2	10

## Day 2

	SETS	REPS
30 minute walk		
Planks	2	30 sec
Crunches	2	10
Flutter kicks	2	10
Bicycle crunch	2	10

## Day 3

	SETS	REPS
Jumping Jacks	2	15
Push-ups	2	10
Bicep curls	2	10
Triceps extensions	2	10
Front raises	2	10
Jumping Jacks	1	15
Military press	2	8

## Day 4

Rest
------

## Day 5

30 minute walk
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## Day 6

	SETS	REPS
Running in place	2	30 secs
Lunges	2	10
Glute bridges	2	10
Running in place	2	30 sec
Squats	2	10

## Day 7

Rest
------

## Day 8

	SETS	REPS
Jumping Jacks	2	15
Push-ups	2	12
Bicep curls	2	12
Jumping Jacks	2	15
Triceps extensions	2	12
Front raises	2	12
Jumping Jacks	2	15
Military press	2	10

## Day 9

	SETS	REPS
Jump squats	2	10
Glute bridges	2	12
Lunges	2	12
Dumbbell squats	2	12
Good mornings	2	12
Step ups	2	20
Deadlifts	2	10
Jump squats	1	15

## Day 10

	SETS	REPS
Jump squats	2	10
Glute bridges	2	12
Lunges	2	12
Dumbbell squats	2	12
Good mornings	2	12
Step ups	2	20
Deadlifts	2	10
Jump squats	1	15

## Day 11

	SETS	REPS
Planks	3	30 sec
Crunches	3	10
Flutter kicks	3	10
Bicycle crunch	3	10
30 minute walk		
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## Day 12

	SETS	REPS
Jump squats	2	10
Glute bridges	2	12
Lunges	2	12
Dumbbell squats	2	12
Good mornings	2	12
Step ups	2	20
Deadlifts	2	10
Jump squats	1	15

## Day 13

30 minute walk
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## Day 14

Rest
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# Fit Girl 28 Day Challenge

**CL Gary**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the 'CL Gary' text.

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