

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>#FitGirlsGains</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>#FitGirlsGains</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 2day Challenge

M Lipman

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

Fit Girls Guide 2day Challenge:

Fit Girls Guide 2day Challenge Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Fit Girls Guide 2day Challenge**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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