

# 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>

# Fit Girl Guide 2day Challenge

**RS Peters**



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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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