

# 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><br>5 PUSH UP<br>20s PLANK<br>10 MT CLIMBER<br>8 TRICEP DIP   | <b>BOOTY x3</b><br>10 BRIDGE<br>30s SWIMMER<br>20s WALL SIT<br>10 SUMO SQUAT | <b>ABS x3</b><br>20s SIDE PLANK<br>5 ELBOW-KNEE<br>10 RUSSIAN<br>15 CRUNCH  | <b>CARDIO</b><br><i>#FitGirlsGrade</i> | <b>BOOTYCORE x3</b><br>10 SUMO SQUAT<br>20s WALL SIT<br>20s SIDE PLANK<br>10 CRUNCH | <b>ARMCORE x3</b><br>10 RUSSIAN<br>8 TRICEP DIPS<br>15 MT CLIMBER<br>5 PUSH UP   | <b>STROLL + STRETCH</b> |
| Week 2 | <b>ARMS x3</b><br>6 PUSH UP<br>40s PLANK<br>20 MT CLIMBER<br>12 TRICEP DIP  | <b>BOOTY x3</b><br>12 BRIDGE<br>30s SWIMMER<br>30s WALL SIT<br>12 SUMO SQUAT | <b>ABS x3</b><br>40s SIDE PLANK<br>8 ELBOW-KNEE<br>15 RUSSIAN<br>20 CRUNCH  | <b>CARDIO</b>                          | <b>BOOTYCORE x3</b><br>12 SUMO SQUAT<br>30s WALL SIT<br>40s SIDE PLANK<br>15 CRUNCH | <b>ARMCORE x3</b><br>15 RUSSIAN<br>12 TRICEP DIPS<br>20 MT CLIMBER<br>8 PUSH UP  | <b>STROLL + STRETCH</b> |
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# Fit Girl Guide 2day Challenge

**LL Leslie**

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