

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

Day 14

Rest

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Fit Girl 28 Day Challenge

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