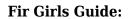
THE D.I.Y. HOME CHALLENGE

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------|--|---|--|----------------------------|--|---|------------------------|
| Week 1 | ARMS x3 5 PUSH UP 205 PLANK 10 MT CLIMBER 8 TRICEP DIP | BOOTY x3 10 BRIDGE 30S SWIMMER 20S WALL SIT 10 SUMO SQUAT | AB5 x3 20s SIDE PLANK 5 ELBOW-KNEE 10 RUSSIAN 15 CRUNCH | CARDIO *FitGrafiGuida | BOOTYCORE x3 no 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 305 SWIMMER 305 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 305 SWIMMER 405 WALL SIT 15 SUMO SQUAT | ABS x3 505 SIDE PLANK 12 ELBOW-KNEE 20 RUSSIAN 25 CRUNCH | CARDIO +FitCrirECrisile | BOOTYCORE x3 15 SUMO SQUAT 405 WALL SIT 505 SIDE PLANK 20 CRUNCH | 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 454 SWIMMER 605 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 |

Fir Girls Guide

L Manion



Fir Girls Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Fir Girls Guide**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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