

THE D.I.Y. HOME CHALLENGE

| ♥ | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---------------|---|--|---|---------------------------------|---|--|------------------------|
| <i>Week 1</i> | 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 #FitGirlsGains | 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 |
| <i>Week 2</i> | 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 |
| <i>Week 3</i> | 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 #FitGirlsGains | 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 |
| <i>Week 4</i> | 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 Promo Code

Richard Bailey



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Reviewing **Fit Girls Guide Promo Code**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Fit Girls Guide Promo Code**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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