

# 28 DAY CHALLENGE

free workout for beginners

## Day 1

Running in place 2x30 sec  
Lunges 2x10  
Glute bridges 2x10  
Running in place 2x30 sec  
Squats 2x10  
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## Day 2

30 minute walk  
Planks 2x30 sec  
Crunches 2x10  
Flutter kicks 2x10  
Bicycle crunch 2x10



## Day 5

30 minute walk



## Day 3

Jumping Jacks 2x15  
Push-ups 2x10  
Bicep curls 2x10  
Triceps extensions 2x10  
Front raises 2x10  
Jumping Jacks 1x15  
Military press 2x8



## Day 6

Running in place 2x30 sec  
Lunges 2x10  
Glute bridges 2x10  
Running in place 2x30 sec  
Squats 2x10

## Day 9

Jump squats 2x10  
Glute bridges 2x12  
Lunges 2x12  
Dumbbell squats 2x12  
Good mornings 2x12  
Step ups 2x20  
Deadlifts 2x10  
Jump squats 1x15



## Day 12

Jump squats 2x10  
Glute bridges 2x12  
Lunges 2x12  
Dumbbell squats 2x12  
Good mornings 2x12  
Step ups 2x20  
Deadlifts 2x10  
Jump squats 1x15



## Day 15

Jump squats 3x10  
Glute bridges 3x10  
Lunges 3x10  
Jump squats 1x12  
Good mornings 3x10  
Dumbbell squats 3x10  
Step ups 3x20  
Deadlifts 3x10

## Day 14

Rest



## Day 13

30 minute walk



## Day 7

Rest



## Day 10

30 minute walk



## Day 8

Jumping Jacks 2x15  
Push-ups 2x12  
Bicep curls 2x12  
Jumping Jacks 2x15  
Triceps extensions 2x12  
Front raises 2x12  
Jumping Jacks 2x15  
Military press 2x10

## Day 11

Planks 3x30 sec  
Crunches 3x10  
Flutter kicks 3x10  
Bicycle crunch 3x10  
30 minute walk

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VISIT: [WWW.FITNESSCHAT.CO](http://WWW.FITNESSCHAT.CO) FOR THE FULL 28 DAY WORKOUT CHALLENGE

# Lose Weight And Feel Great 28 Day Home Workout Challenge

**Rachel Sandford**



## **Lose Weight And Feel Great 28 Day Home Workout Challenge:**

## Whispering the Strategies of Language: An Mental Quest through **Lose Weight And Feel Great 28 Day Home Workout Challenge**

In a digitally-driven world where screens reign supreme and instant connection drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words often move unheard. However, nestled within the pages of **Lose Weight And Feel Great 28 Day Home Workout Challenge** a interesting literary treasure pulsating with raw emotions, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, that charming opus attracts viewers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very cloth of each word. Within the psychological depths of this moving review, we will embark upon a sincere exploration of the book is primary themes, dissect their charming writing model, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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