

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 4

Rest

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Day 7

Rest



Day 10

30 minute walk



Day 13

30 minute walk



Day 14

Rest



VISIT: WWW.FITNESSCHAT.CO FOR THE FULL 28 DAY WORKOUT CHALLENGE

Lose Weight And Feel Great 28 Day Home Workout Challenge

Liyong Dong



Lose Weight And Feel Great 28 Day Home Workout Challenge:

Decoding **Lose Weight And Feel Great 28 Day Home Workout Challenge**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Lose Weight And Feel Great 28 Day Home Workout Challenge**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

<http://www.armchairempire.com/data/scholarship/Documents/Jeep%20Cherokee%20Kj%202002%202007%20Service%20Repair%20Workshop%20Manual.pdf>

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