

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 3

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



Day 4

Rest

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Day 5

30 minute walk



Day 6

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

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 7

Rest



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 10

30 minute walk



Day 11

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

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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 13

30 minute walk



Day 14

Rest



Day 15

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



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

Lose Weight And Feel Great 28 Day Home Workout Challenge

Tobias Bleicker



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web nov 7 2022 accompaniment available separately grade 3 group a accompanied pieces accompaniment available
separately grade 4 group a accompanied pieces grade 5 group a accompanied pieces grade 6 group a accompanied pieces
grade 7 group a accompanied pieces grade 8 group a accompanied pieces

flute exam pieces grade 8 2017 2020 part only trinity college london - Feb 09 2023

web selected pieces for trinity college london flute exams for 2017 2020 expertly graded and edited by leading music
educators this item contains the flute part only

flute pieces trinity college london - Aug 15 2023

web flute repertoire list face to face and digital exams from 2022 select three pieces from the list two accompanied pieces
from group a and one unaccompanied piece from group b you can download here a pdf of all flute pieces

[trinity college london flute 2017 2020 grade 2 syllabus](#) - Aug 03 2022

web 1 touchstone chamberlain flute exam pieces grade 2 2017 2020 part only trinity college london 4 96 flute exam pieces

grade 2 2017 2020 score part trinity college london 11 86 2 riffs haughton flute exam pieces grade 2 2017 2020 part only
trinity college london 4 96

woodwind syllabus mcdowall trinity college london - Apr 30 2022

web exams are designed to include sufficient time for setting up and presenting all components and overall durations are as follows initial 11 mins grade 3 13 mins grade 6 23 mins grade 1 13 mins grade 4 18 mins grade 7 23 mins grade 2 13 mins grade 5 18 mins grade 8 28 mins 14 about the exam