

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 secs
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

A Gutmann



Lose Weight And Feel Great 28 Day Home Workout Challenge:

The Enigmatic Realm of **Lose Weight And Feel Great 28 Day Home Workout Challenge**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Lose Weight And Feel Great 28 Day Home Workout Challenge** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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FAQs About Lose Weight And Feel Great 28 Day Home Workout Challenge Books

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