

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

Jin-Ying Zhang



Lose Weight And Feel Great 28 Day Home Workout Challenge:

Embracing the Beat of Phrase: An Psychological Symphony within **Lose Weight And Feel Great 28 Day Home Workout Challenge**

In a global taken by displays and the ceaseless chatter of fast connection, the melodic splendor and mental symphony created by the written word frequently disappear in to the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. However, set within the pages of **Lose Weight And Feel Great 28 Day Home Workout Challenge** a charming literary value overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that captivating masterpiece conducts viewers on a psychological journey, skillfully unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths with this poignant analysis, we shall investigate the book is key harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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