

# 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 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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## Day 10

30 minute walk



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

**Richard Bailey**



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

## Adopting the Track of Appearance: An Emotional Symphony within **Lose Weight And Feel Great 28 Day Home Workout Challenge**

In a global used by screens and the ceaseless chatter of instantaneous transmission, the melodic beauty and mental symphony created by the published term frequently fade into the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. However, nestled within the pages of **Lose Weight And Feel Great 28 Day Home Workout Challenge** a charming literary prize overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this interesting masterpiece conducts visitors on a mental trip, well unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths of this moving assessment, we will investigate the book is central harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

<http://www.armchairempire.com/About/browse/fetch.php/Kioti%20Tractor%20Repair%20Manual%20Dk50hse.pdf>

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

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