

# 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



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# Lose Weight And Feel Great 28 Day Home Workout Challenge

**Clemens Wendtner**



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