

THE D.I.Y. HOME CHALLENGE

♥	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Week 1</i>	ARMS x3 5 PUSH UP 20s PLANK 10 MT CLIMBER 8 TRICEP DIP	BOOTY x3 10 BRIDGE 30s SWIMMER 20s WALL SIT 10 SUMO SQUAT	ABS x3 20s SIDE PLANK 5 ELBOW-KNEE 10 RUSSIAN 15 CRUNCH	CARDIO #FitGirlsGains	BOOTYCORE x3 10 SUMO SQUAT 20s WALL SIT 20s SIDE PLANK 10 CRUNCH	ARMCORE x3 10 RUSSIAN 8 TRICEP DIPS 15 MT CLIMBER 5 PUSH UP	STROLL + STRETCH
<i>Week 2</i>	ARMS x3 6 PUSH UP 40s PLANK 20 MT CLIMBER 12 TRICEP DIP	BOOTY x3 12 BRIDGE 30s SWIMMER 30s WALL SIT 12 SUMO SQUAT	ABS x3 40s SIDE PLANK 8 ELBOW-KNEE 15 RUSSIAN 20 CRUNCH	CARDIO	BOOTYCORE x3 12 SUMO SQUAT 30s WALL SIT 40s SIDE PLANK 15 CRUNCH	ARMCORE x3 15 RUSSIAN 12 TRICEP DIPS 20 MT CLIMBER 8 PUSH UP	STROLL + STRETCH
<i>Week 3</i>	ARMS x3 8 PUSH UP 60s PLANK 30 MT CLIMBER 15 TRICEP DIP	BOOTY x3 15 BRIDGE 30s SWIMMER 40s WALL SIT 15 SUMO SQUAT	ABS x3 50s SIDE PLANK 12 ELBOW-KNEE 20 RUSSIAN 25 CRUNCH	CARDIO #FitGirlsGains	BOOTYCORE x3 15 SUMO SQUAT 40s WALL SIT 50s SIDE PLANK 20 CRUNCH	ARMCORE x3 20 RUSSIAN 15 TRICEP DIPS 30 MT CLIMBER 10 PUSH UP	STROLL + STRETCH
<i>Week 4</i>	ARMS x3 10 PUSH UP 80s PLANK 40 MT CLIMBER 20 TRICEP DIP	BOOTY x3 20 BRIDGE 45s SWIMMER 60s WALL SIT 20 SUMO SQUAT	ABS x3 60s SIDE PLANK 15 ELBOW-KNEE 25 RUSSIAN 30 CRUNCH	CARDIO	BOOTYCORE x3 20 SUMO SQUAT 60s WALL SIT 60s SIDE PLANK 25 CRUNCH	ARMCORE x3 25 RUSSIAN 20 TRICEP DIPS 40 MT CLIMBER 10 PUSH UP	STROLL + STRETCH

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JA Banks



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Charm: The Career Girl's Guide to Business and Personal Success, Second Edition ,1971 **Encyclopedia of Women's Folklore and Folklife** Pauline Greenhill,Liz Locke,Theresa A. Vaughan,2008-12-08 From the stone age to the cyber age women and men have experienced the world differently Out of a cosmos of goddesses and she devils earth mothers and madonnas witches and queens saints and whores a vast body of women s folklore has come into bloom International in scope and drawing on more than 130 expert contributors this encyclopedia reviews the myths traditions and beliefs central to women s daily lives More than 260 alphabetically arranged entries cover the lore of women across time space and life Students of history religion and spirituality healing and traditional medicine literature and world cultures will value this encyclopedia as an indispensable guide to women s folklore In addition there are entries on women s folklore and folklife in 15 regions of the world such as the Caribbean Central Asia the Middle East and Western Europe Entries provide cross references and cite works for further reading and the encyclopedia closes with a selected bibliography of print and electronic resources Students learning about history world cultures religion and spirituality healing and traditional medicine and literature will welcome this companion to the daily life of women across time and continents **Health** ,2002-03

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Fit Girls Guide Promo Code: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Fit Girls Guide Promo Code : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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