

28-day workout challenge

Day 1			Day 2			Day 3		
	SETS	REPS		SETS	REPS		SETS	REPS
Running in place	2	30sec	30 minute walk			Jumping Jacks	2	15
Lunges	2	10	Planks	2	30 sec	Push-ups	2	10
Glute bridges	2	10	Crunches	2	10	Bicep curls	2	10
Running in place	2	30sec	Flutter kicks	2	10	Triceps extensions	2	10
Squats	2	10	Bicycle crunch	2	10	Front raises	2	10
						Jumping Jacks	1	15
						Military press	2	8
Day 4			Day 5			Day 6		
	SETS	REPS		SETS	REPS		SETS	REPS
Rest			30 minute walk			Running in place	2	30 secs
						Lunges	2	10
						Glute bridges	2	10
						Running in place	2	30 sec
						Squats	2	10
Day 7			Day 8			Day 9		
	SETS	REPS		SETS	REPS		SETS	REPS
Rest			Jumping Jacks	2	15	Jump squats	2	10
			Push-ups	2	12	Glute bridges	2	12
			Bicep curls	2	12	Lunges	2	12
			Jumping Jacks	2	15	Dumbbell squats	2	12
			Triceps extensions	2	12	Good mornings	2	12
			Front raises	2	12	Step ups	2	20
			Jumping Jacks	2	15	Deadlifts	2	10
			Military press	2	10	Jump squats	1	15
Day 10			Day 11			Day 12		
	SETS	REPS		SETS	REPS		SETS	REPS
Jump squats	2	10	Planks	3	30	Jump squats	2	10
Glute bridges	2	12	sec			Glute bridges	2	12
Lunges	2	12	Crunches	3	10	Lunges	2	12
Dumbbell squats	2	12	Flutter kicks	3	10	Dumbbell squats	2	12
Good mornings	2	12	Bicycle crunch	3	10	Good mornings	2	12
Step ups	2	20	30 minute walk			Step ups	2	20
Deadlifts	2	10				Deadlifts	2	10
Jump squats	1	15				Jump squats	1	15
Day 13			Day 14					
	SETS	REPS		SETS	REPS			
30 minute walk			Rest					

The 28 Day Plan

S Ashworth



The 28 Day Plan:

The Enigmatic Realm of **The 28 Day Plan**: 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 lacking extraordinary. Within the captivating pages of **The 28 Day Plan** a literary masterpiece penned by way of a renowned author, readers set about 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 effect on the hearts and minds of those that partake in its reading experience.

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