# THE D.I.Y. HOME CHALLENGE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	ARMS x3 5 PUSH UP 205 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 *FitGrikGuid	BOOTYCORE x3 no SUMO SQUAT 20s WALL SIT 20s SIDE PLANK no CRUNCH	ARMCORE x3 10 RUSSIAN 8 TRICEP DIPS 15 MT CLIMBER 5 PUSH UP	STROLL + STRETCH
Week 2	ARMS x3 6 PUSH UP 40s PLANK 20 MT CLIMBER 12 TRICEP DIP	BOOTY x3 12 BRIDGE 305 SWIMMER 305 WALL SIT 12 SUMO SQUAT	ABS x3 40s SIDE PLANK 8 ELBOW-KNEE 15 RUSSIAN 20 CRUNCH	CARDIO	BOOTYCORE x3 12 SUMO SQUAT 304 WALL SIT 405 SIDE PLANK 15 CRUNCH	ARMCORE x3 15 RUSSIAN 12 TRICEP DIPS 20 MT CLIMBER 8 PUSH UP	STROLL * STRETCH
Week 3	ARMS x3 8 PUSH UP 605 PLANK 30 MT CLIMBER 15 TRICEP DIP	BOOTY x3 15 BRIDGE 305 SWIMMER 405 WALL SIT 15 SUMO SQUAT	ABS x3 50s SIDE PLANK 12 ELBOW-KNEE 20 RUSSIAN 25 CRUNCH	CARDIO #FitCrifiCrish	BOOTYCORE x3 15 SUMO SQUAT 406 WALL SIT 506 SIDE PLANK 20 CRUNCH	ARMCORE x3 20 RUSSIAN 15 TRICEP DIPS 30 MT CLIMBER 10 PUSH UP	STROLL + STRETCH
Week 4	ARMS x3 10 PUSH UP 80s PLANK 40 MT CLIMBER 20 TRICEP DIP	BOOTY x3 20 BRIDGE 454 SWIMMER 605 WALL SIT 20 SUMO SQUAT	ABS x3 601 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

# Fit Girls Guide 28 Day Challenge

**Kristine Alexander** 

#### Fit Girls Guide 28 Day Challenge:

Guiding Modern Girls Kristine Alexander, 2017-11-15 Across the British Empire and the world the 1920s and 1930s were a time of unprecedented social and cultural change Girls and young women were at the heart of many of these shifts which included the aftermath of the First World War the enfranchisement of women and the rise of the flapper or Modern Girl Out of this milieu the Girl Guide movement emerged as a response to popular concerns about age gender race class and social instability The British based Guide movement attracted more than a million members in over forty countries during the interwar years Its success however was neither simple nor straightforward Using an innovative multi sited approach Kristine Alexander digs deeper to analyze the ways in which Guiding sought to mold young people in England Canada and India She weaves together a fascinating account that connects the histories of girlhood internationalism and empire while asking how girls and young women understood and responded to Guiding's attempts to lead them toward a service oriented useful feminine future Making Imperial Mentalities J. A. Mangan, 1990 *Juliette Gordon Low* Stacy A. Cordery, 2013-01-29 Experience the captivating journey of a trailblazing woman who defied conventions and created a lasting legacy Born at the start of the Civil War Juliette Daisy Gordon Low struggled to reconcile being a good Southern belle with being true to her adventurous spirit Accidentally deafened she married a dashing British patrician and moved to England where she quickly became dissatisfied with the aimlessness of privileged life Her search for greater purpose ended when she met Robert Baden Powell founder of the Boy Scouts and was inspired to recreate his program for girls The Girl Scouts of the USA which can now count more than fifty nine million American girls and women among its past members aims to instill useful skills and moral values in its young members with an emphasis on fun In this lively and accessible biography of its intrepid founder Stacy A Cordery paints a dynamic portrait of an intriguing woman and a true pioneer whose work touched the lives of millions of girls and women around the world Subject Catalog Library of Congress, 1981 Collier's ,1907 Girl Scout The Best of Challenge ,1977 American Book Publishing Record, 2006 Leader ,1974 The Reference Catalogue of Current Literature ,1913 Baltimore and Ohio Employes Magazine ,1926 The Publishers' Circular and Booksellers' Record ,1929 Farmer's Weekly ,1928 Current literature of the month, 1924 Iournal of Health, Fit Kids Mary L. Gavin, Steven A. Dowshen, Neil Izenberg, 2006-07-31 Show how to Physical Education, Recreation, 1963 choose the right kind of exercise and meals with easy to follow activities and recipes Learning Directory ,1970 The **British National Bibliography** Arthur James Wells, 2003 **Boys' Life** ,1981-02 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science Canadian Parliamentary Guide 2008, 2008-04 Provides comics and Scouting The Congregationalist ,1929 information on both federal and provincial governments courts and their elected and appointed members Provides descriptions of each of the institutions including brief historical information and biographical sketches of their members and

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