

A black and white photograph of a woman's hand resting on a man's waist. The woman is on the left, wearing a dark tank top, and her hand is placed on the man's waist. The man is on the right, shirtless, wearing dark shorts with a white drawstring. The background is dark and out of focus.

<Totals>

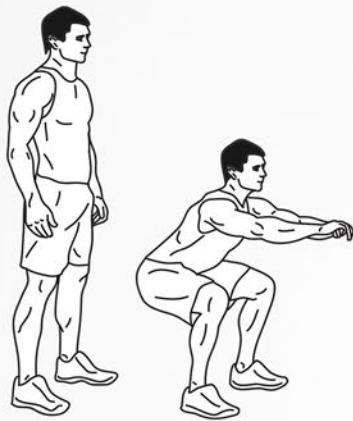
THROUGHOUT THE DAY FITNESS

< Totals >

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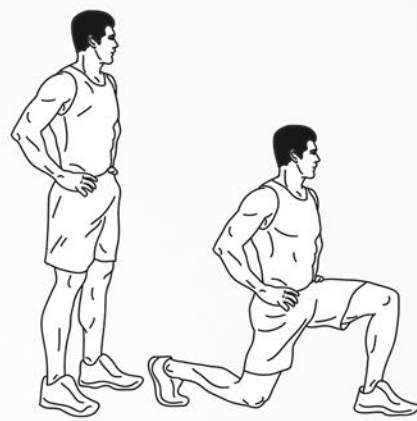
Day 1

complete everything by the end of the day



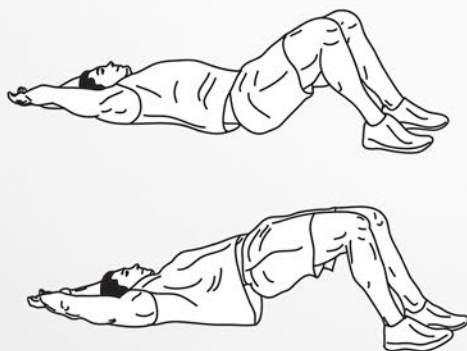
40 squats

10 10 10 10



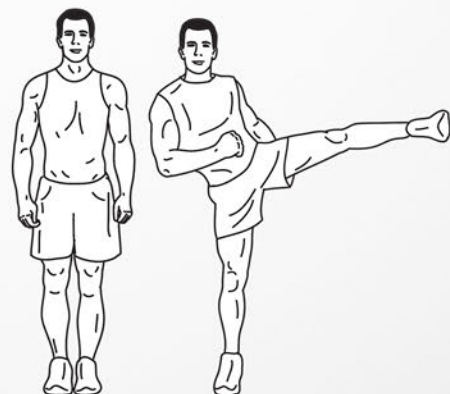
40 lunges

10 10 10 10



40 bridges

10 10 10 10



40 side leg raises

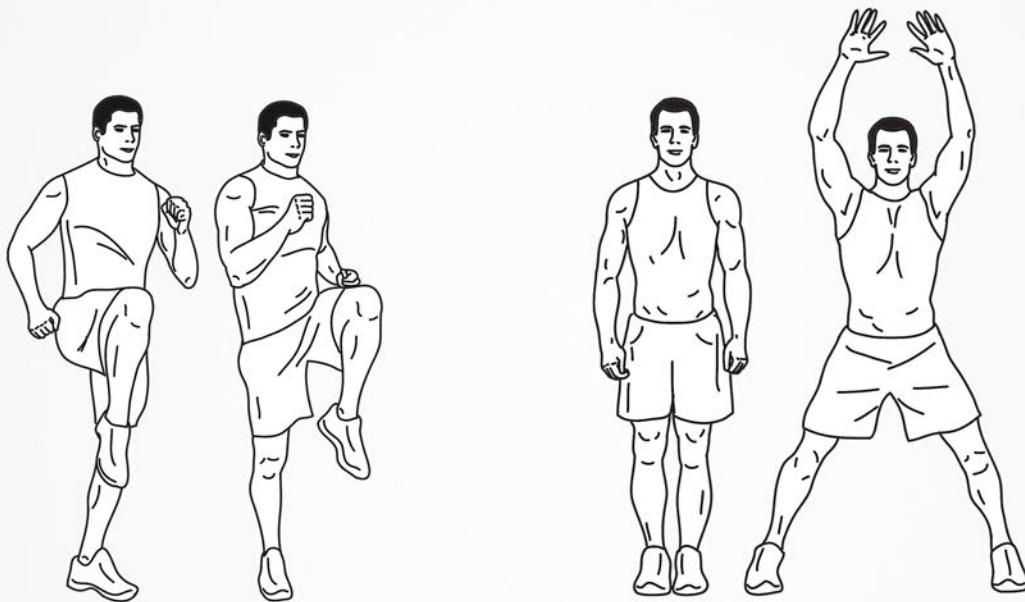
10 10 10 10

< Totals >

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Day 2

complete everything by the end of the day



100 high knees

10	10	10	10	10
10	10	10	10	10

100 jumping jacks

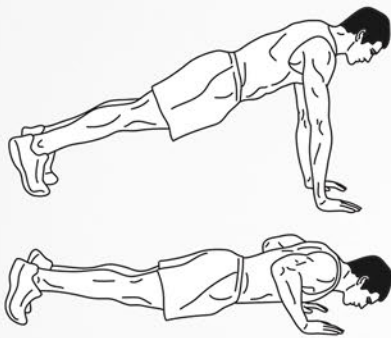
10	10	10	10	10
10	10	10	10	10

< Totals >

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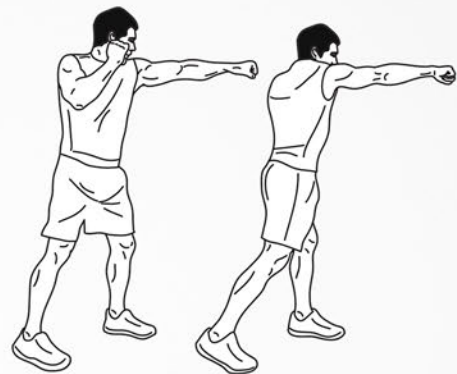
Day 3

complete everything by the end of the day



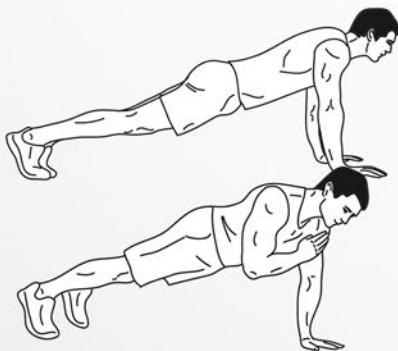
40 push-ups

10 10 10 10



80 punches

10 10 10 10
10 10 10 10



40 shoulder taps

10 10 10 10



40 reverse angels

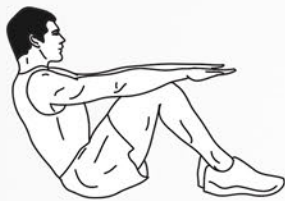
10 10 10 10

< Totals >

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Day 4

complete everything by the end of the day



40 sit-ups

10 10 10 10



40 leg raises

10 10 10 10



40 knee-to-elbows

10 10 10 10



40 side jackknives

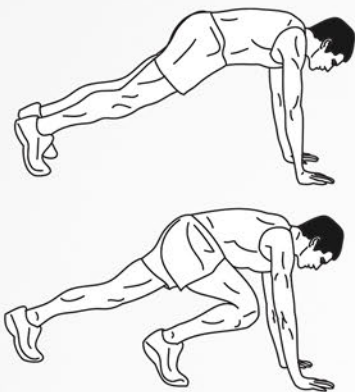
10 10 10 10

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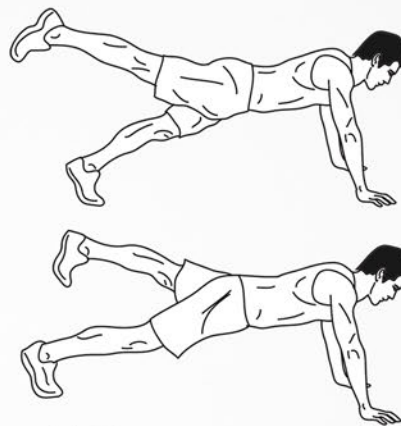
Day 5

complete everything by the end of the day



50 climbers

10 10 10 10 10



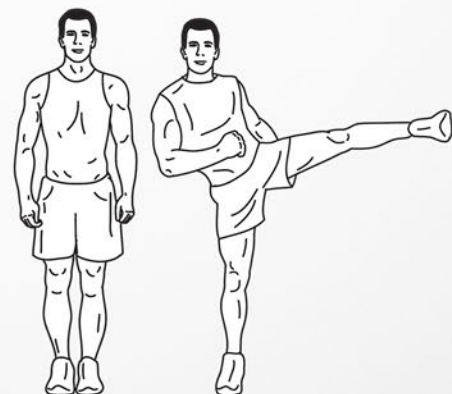
50 plank leg raises

10 10 10 10 10



50 lunges

10 10 10 10 10



50 side leg raises

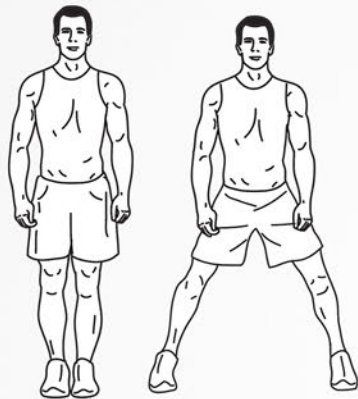
10 10 10 10 10

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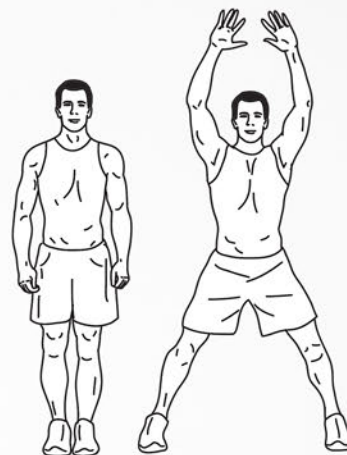
Day 6

complete everything by the end of the day



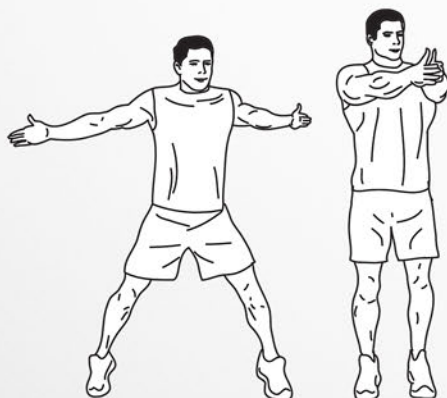
50 half jacks

10 10 10 10 10



50 jumping jacks

10 10 10 10 10



50 seal jacks

10 10 10 10 10



50 knee-to-elbows

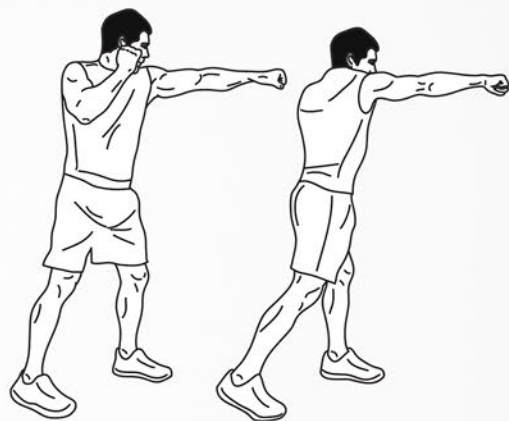
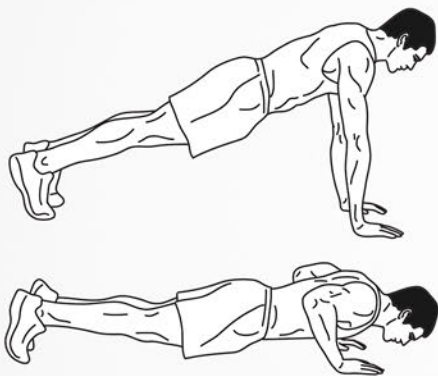
10 10 10 10 10

< Totals >

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Day 7

complete everything by the end of the day



50 push-ups

10 10 10 10 10

200 punches

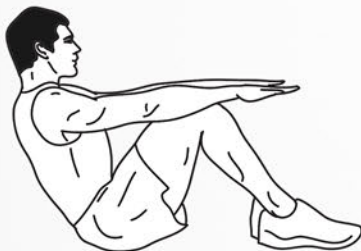
10 10 10 10 10
10 10 10 10 10
10 10 10 10 10
10 10 10 10 10

< Totals >

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Day 8

complete everything by the end of the day



70 sit-ups

5	5	5	5	5
5	5	5	5	5
5	5	5	5	

70 sitting twists

5	5	5	5	5
5	5	5	5	5
5	5	5	5	

< Totals >

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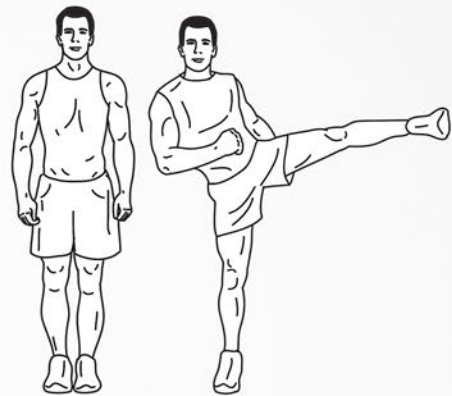
Day 9

complete everything by the end of the day



60 lunges

10 10 10 10 10 10



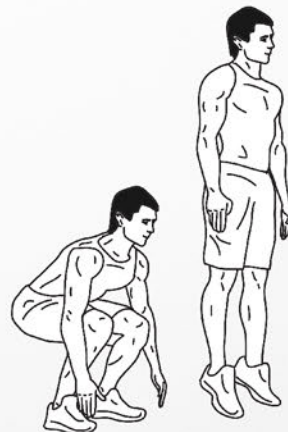
60 side leg raises

10 10 10 10 10 10



60 squats

10 10 10 10 10 10



40 jump squats

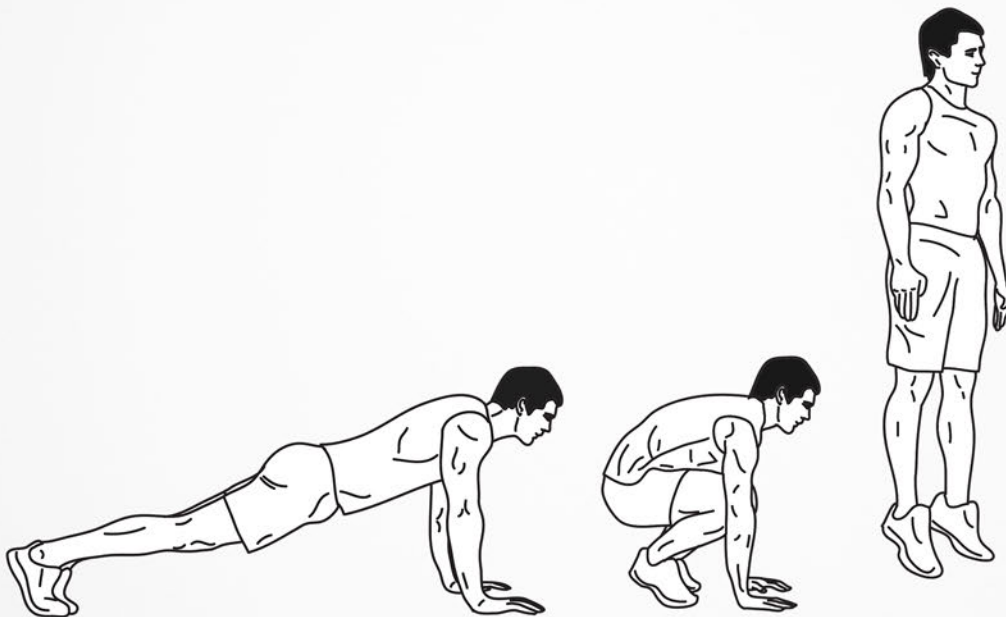
10 10 10 10

< Totals >

© darebee.com

Day 10

complete everything by the end of the day



60 basic burpees with a jump (no push-up)

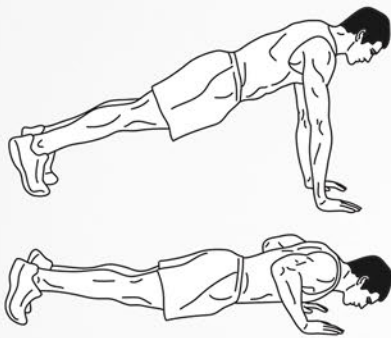
5	5	5	5	5	5
5	5	5	5	5	5

< Totals >

© darebee.com

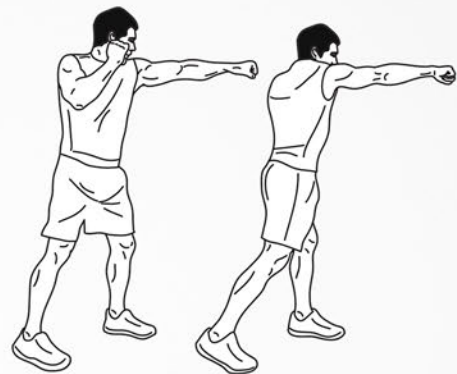
Day 11

complete everything by the end of the day



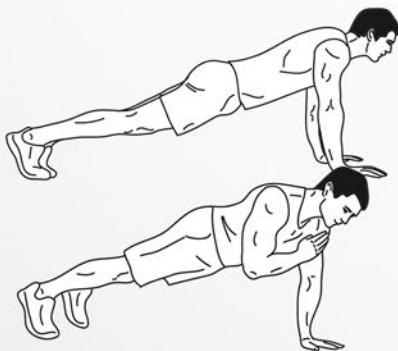
60 push-ups

10 10 10 10 10 10



100 punches

10 10 10 10 10
10 10 10 10 10



60 shoulder taps

10 10 10 10 10 10



40 reverse angels

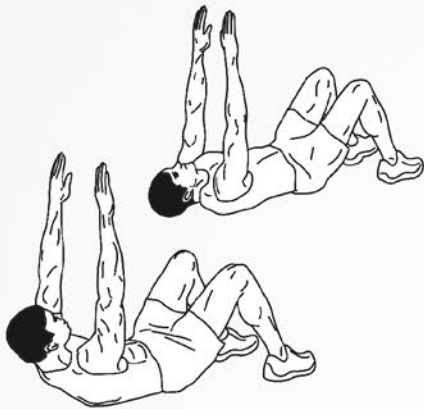
10 10 10 10

< Totals >

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Day 12

complete everything by the end of the day



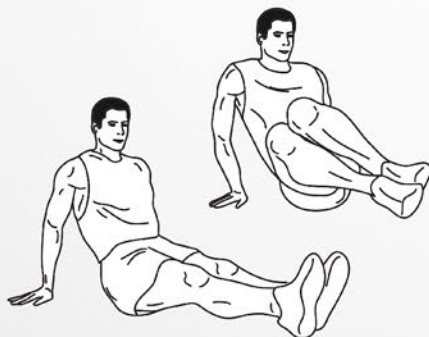
50 high crunches

10 10 10 10 10



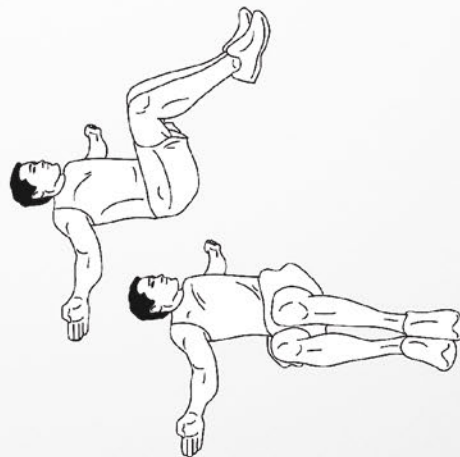
50 knee crunches

10 10 10 10 10



50 knee-ins & twist

10 10 10 10 10



50 half wipers

10 10 10 10 10

< Totals >

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Day 13

complete everything by the end of the day



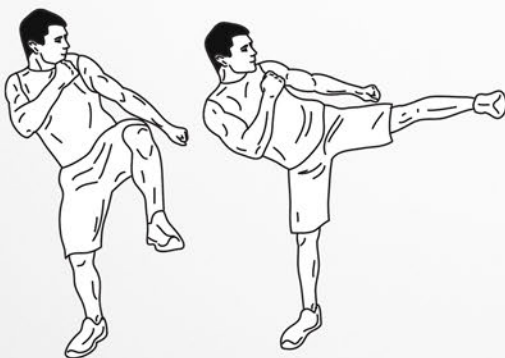
70 squats

10	10	10	10	10
10	10			



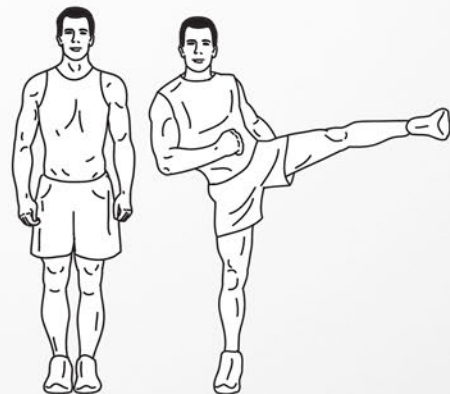
70 lunges

10	10	10	10	10
10	10			



70 side kicks

10	10	10	10	10
10	10			



70 side leg raises

10	10	10	10	10
10	10			

< Totals >

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Day 14

complete everything by the end of the day



200 high knees

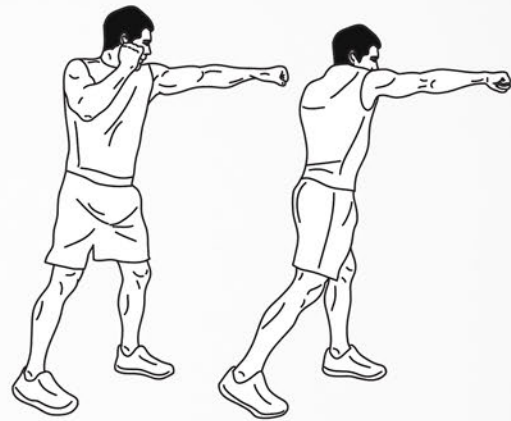
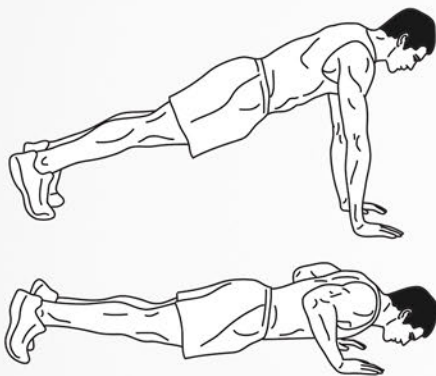
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10

< Totals >

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Day 15

complete everything by the end of the day



60 push-ups

10 10 10 10 10 10

200 punches

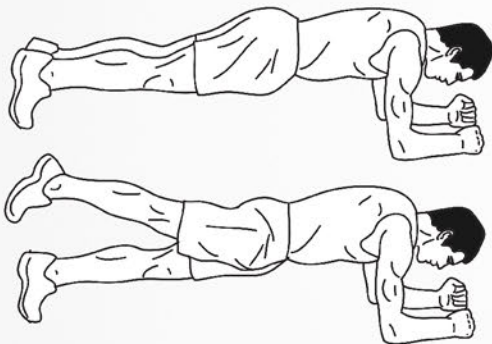
10 10 10 10 10
10 10 10 10 10
10 10 10 10 10
10 10 10 10 10

< Totals >

© darebee.com

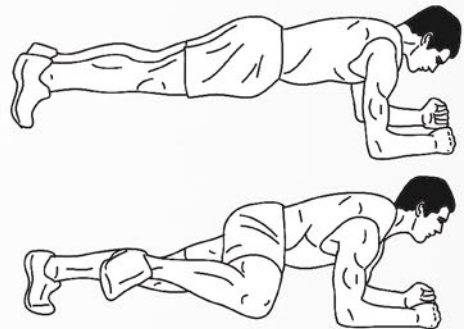
Day 16

complete everything by the end of the day



50 plank leg raises

5	5	5	5	5
5	5	5	5	5



50 plank crunches

5	5	5	5	5
5	5	5	5	5

< Totals >

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Day 17

complete everything by the end of the day



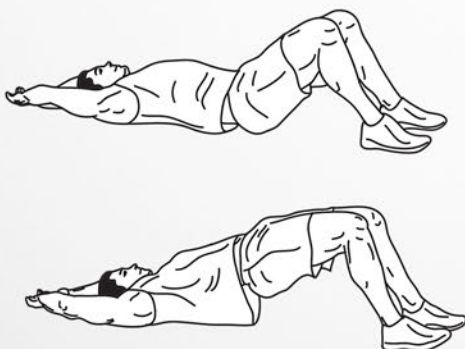
80 squats

10 10 10 10 10
10 10 10



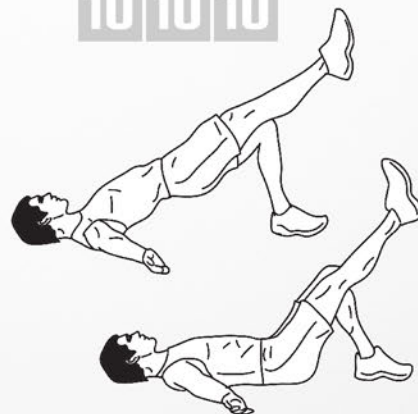
80 lunges

10 10 10 10 10
10 10 10



40 bridges

10 10 10 10



40 single leg bridges

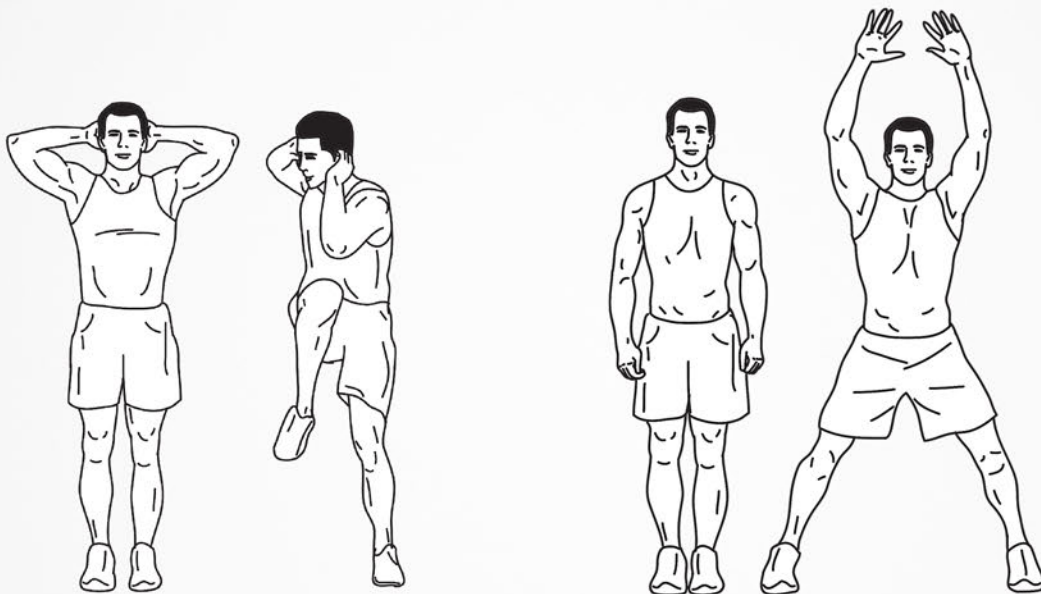
10 10 10 10

< Totals >

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Day 18

complete everything by the end of the day



200 knee-to-elbows

10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10

200 jumping jacks

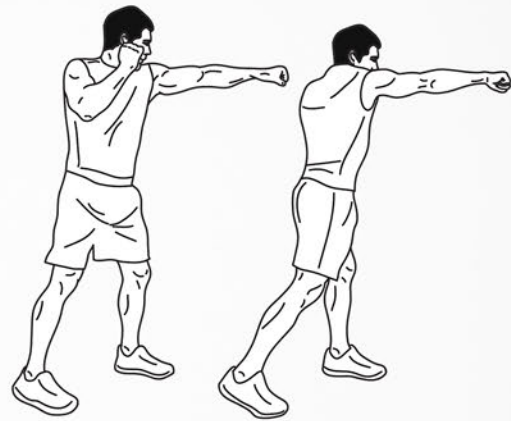
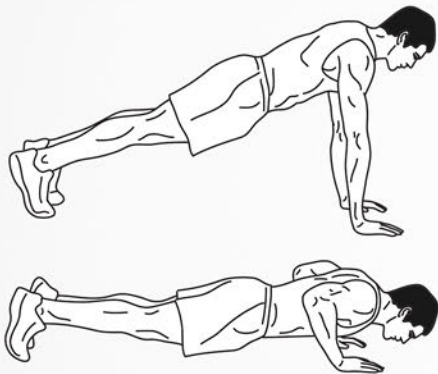
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10
10	10	10	10	10

< Totals >

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Day 19

complete everything by the end of the day



60 push-ups

10 10 10 10 10 10

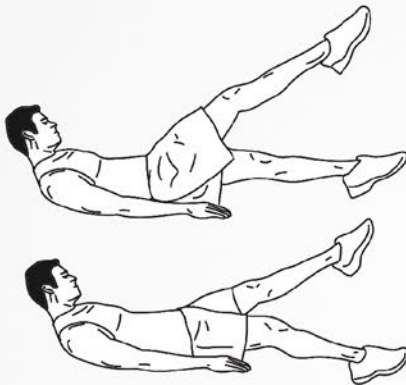
300 punches

10 10 10 10 10
10 10 10 10 10
10 10 10 10 10
10 10 10 10 10
10 10 10 10 10
10 10 10 10 10

< Totals >

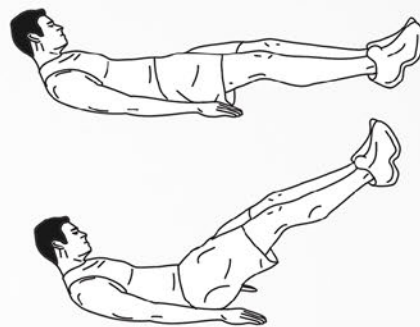
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Day 20 complete everything by the end of the day



50 flutter kicks

10 10 10 10 10



50 leg raises

10 10 10 10 10



50 sit-up reach

10 10 10 10 10



50 dead bug

10 10 10 10 10

< Totals >

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Day 21

complete everything by the end of the day



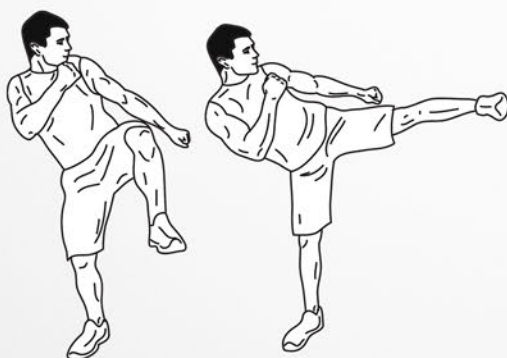
80 squats

10	10	10	10
10	10	10	10



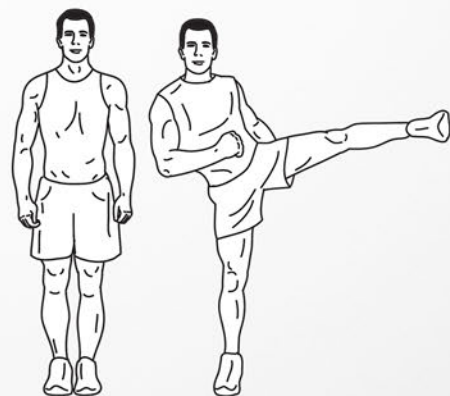
80 lunges

10	10	10	10
10	10	10	10



80 side kicks

10	10	10	10
10	10	10	10



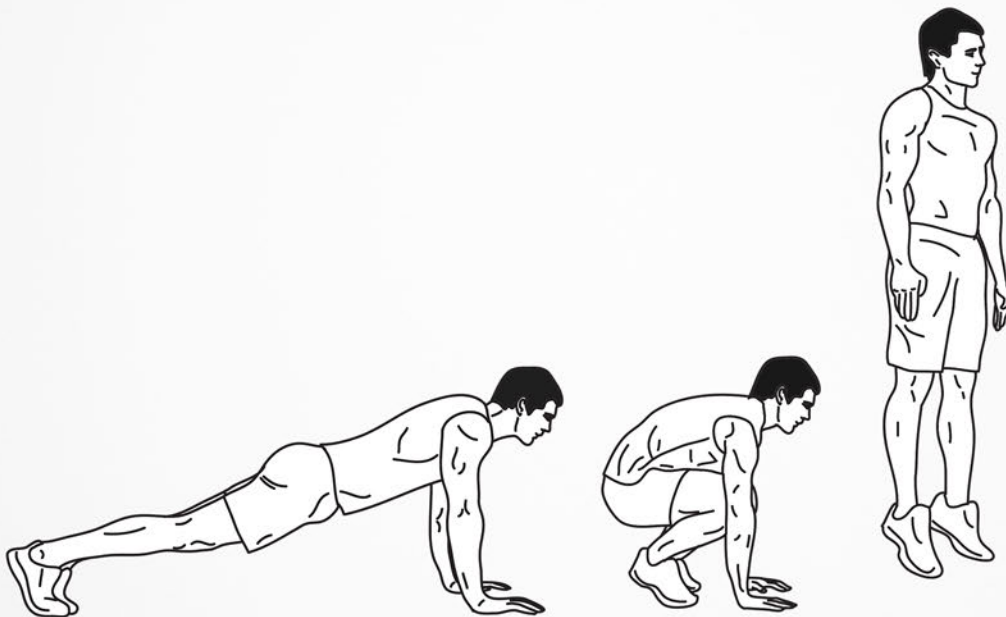
80 side leg raises

10	10	10	10
10	10	10	10

< Totals >

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Day 22 complete everything by the end of the day



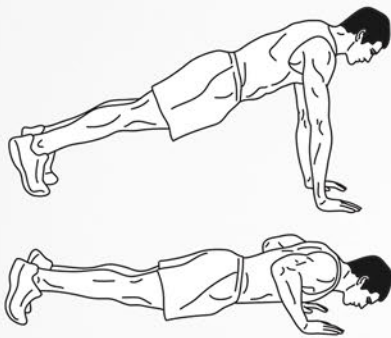
80 basic burpees with a jump (no push-up)

5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5

< Totals >

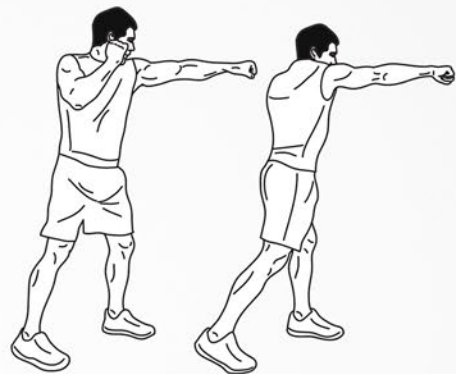
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Day 23 complete everything by the end of the day



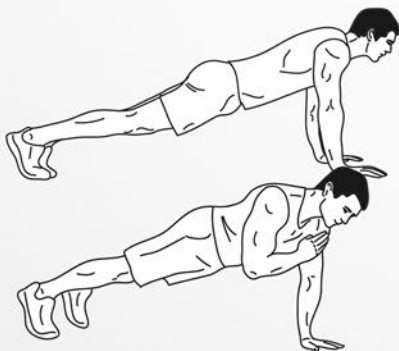
70 push-ups

10	10	10	10	10
10	10			



100 punches

10	10	10	10	10
10	10	10	10	10



70 shoulder taps

10	10	10	10	10
10	10			



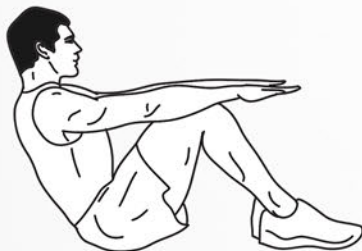
40 reverse angels

10	10	10	10
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< Totals >

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Day 24 complete everything by the end of the day



120 sit-ups

5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5

120 sitting twists

5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5

< Totals >

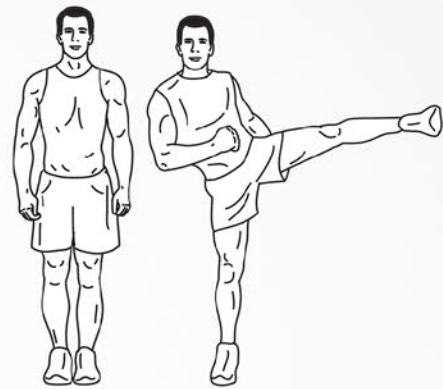
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Day 25 complete everything by the end of the day



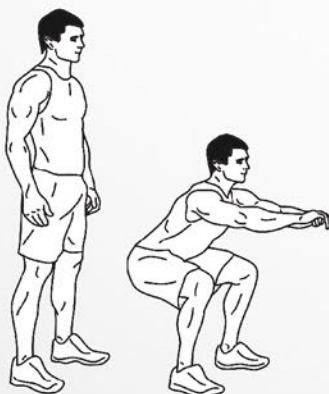
80 lunges

10	10	10	10
10	10	10	10



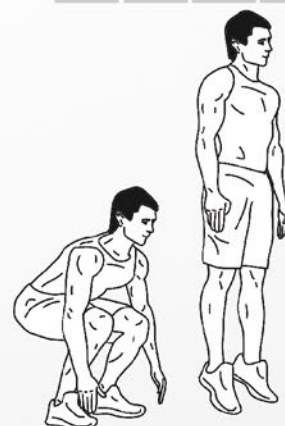
80 side leg raises

10	10	10	10
10	10	10	10



80 squats

10	10	10	10
10	10	10	10



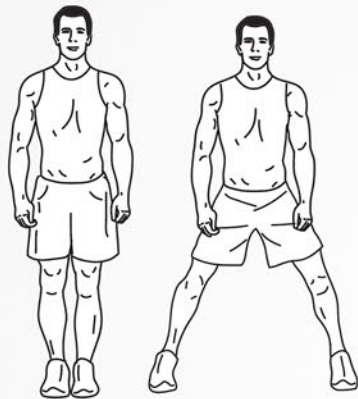
40 jump squats

10	10	10	10
----	----	----	----

< Totals >

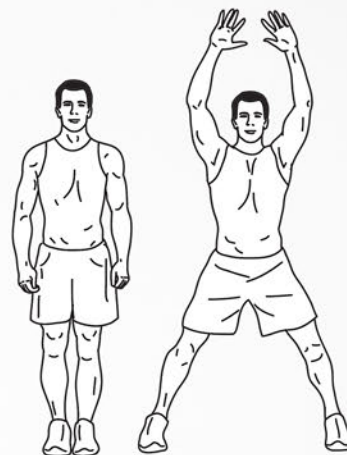
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Day 26 complete everything by the end of the day



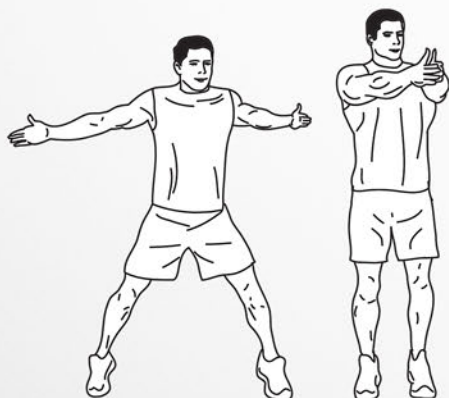
60 half jacks

10 10 10 10 10 10



60 jumping jacks

10 10 10 10 10 10



60 seal jacks

10 10 10 10 10 10



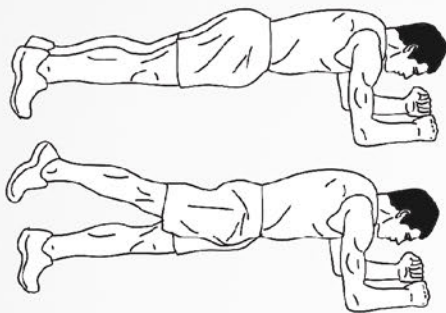
60 knee-to-elbows

10 10 10 10 10 10

< Totals >

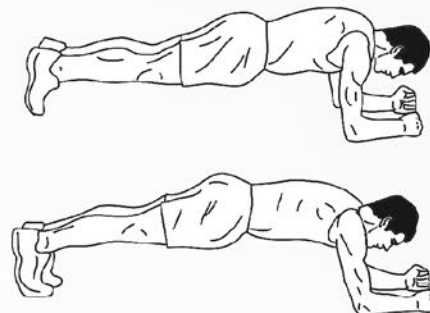
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Day 28 complete everything by the end of the day



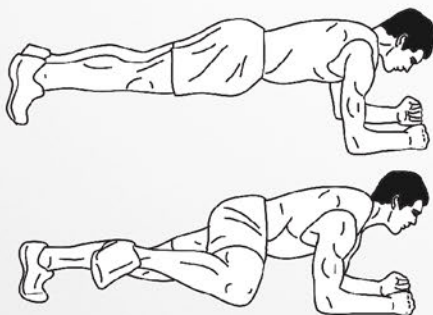
50 plank leg raises

10 10 10 10 10



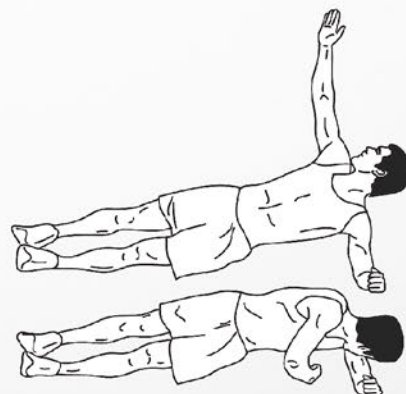
50 body saw

10 10 10 10 10



50 plank crunches

10 10 10 10 10



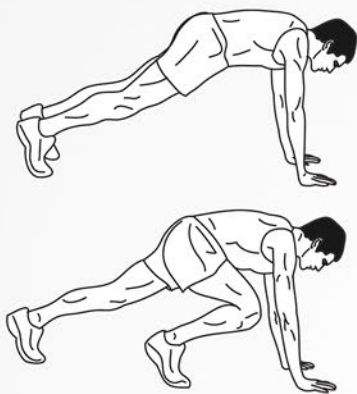
50 side plank rotations

10 10 10 10 10

< Totals >

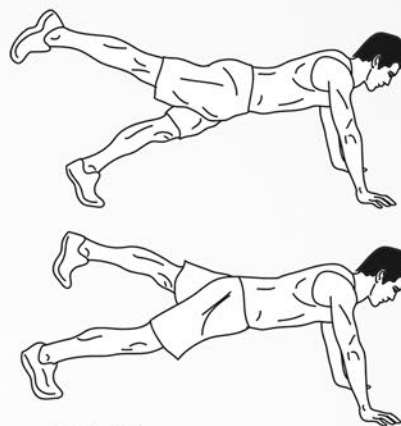
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Day 29 complete everything by the end of the day



100 climbers

10	10	10	10	10
10	10	10	10	10



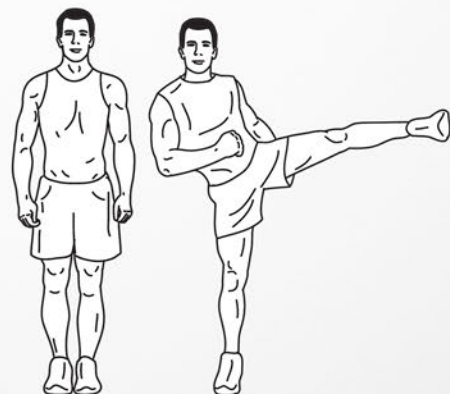
100 plank leg raises

10	10	10	10	10
10	10	10	10	10



100 lunges

10	10	10	10	10
10	10	10	10	10



100 side leg raises

10	10	10	10	10
10	10	10	10	10

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