

4 WEEK

NO-GYM WORKOUT PROGRAM



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WORKOUT FOCUS	STRENGTH	FUN ACTIVITY	INTERVAL CARDIO	FUNCTIONAL STRENGTH	LOW, SLOW CARDIO	STRENGTH	REST
WEEK 1	1 SET 30 SEC	1 HOUR	RPE 7	1 SET	45 MIN	1 SET 30 SEC	
WEEK 2	2 SETS 30 SEC	1 HOUR	RPE 8	2 SETS	50 MIN	2 SETS 30 SEC	
WEEK 3	3 SETS 30 SEC	1 HOUR	RPE 9	3 SETS	55 MIN	3 SETS 30 SEC	
WEEK 4	1 SET TO FAILURE	1 HOUR	RPE 10	4 SETS	60 MIN	1 SET TO FAILURE	

Fitneb Guide

N Noddings



Fitneb Guide:

Fitneb Guide Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Fitneb Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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