

# Perfect Body Workout

WorkoutWiz

30 Days Challenge  
Exercises, Guide and more

INSTANT  
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## Breathing

Breathing properly during exercise is essential for maximizing performance and preventing fatigue, injury & general poor health.

Deep breathing. Don't worry if it feels awkward. Practising this regularly will speed up your breathing.

It helps with focus, the oxygen that you absorb, and your overall health. This helps with your metabolism and helps you breathe.



With consistent practice, you'll be able to breathe easier, helping you to perform better.

## 30 days Lose Belly Fat Challenge

Easily reshape your body with 5 exercises.



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>A. High Knees</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>B. Plank Rotation</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>C. Plank</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>D. Sideboard</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>E. Plank Kicks</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>
<p><b>DAY 6</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 7</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 8</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 9</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 10</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>
<p><b>DAY 11</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 12</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 13</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 14</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 15</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>
<p><b>DAY 16</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 17</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 18</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 19</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>	<p><b>DAY 20</b></p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p> <p>100 reps</p>
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## Instant hints



- Warm up & Cool Down. Always start with a warm up and end with a cool down for better results.
- Don't skip meals & stay hydrated and sleep 7-9 hours. Don't eat a salad for breakfast.
- Use your breathing properly. Think of it as a challenge you can beat. Don't be afraid to take your own time when you're not ready.



### Plank Rotation

- Start in a standard plank position on your hands, with your body in a straight line.
- Rotate your body to one side, lifting one arm and keeping your other arm on the floor.
- Repeat to the other side, alternating with each side.



### Sideboard

- Lie on your side with your arms extended straight out from your side.
- Lift your right arm and left leg a few inches off the floor, supporting your torso and glute muscles.
- Lower them back down, and repeat 10-15 times on each side, alternating with a breathing break.

• Use your breathing properly. Think of it as a challenge you can beat. Don't be afraid to take your own time when you're not ready.

# Easy Home Workout Guide For Students

**PT Brinkman**



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