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Personal Challenge

Your ONE THOUSAND REP challenge!

Your second personal challenge is to complete the following 1000 rep challenge as fast as you can! You need to complete **30 REPS** of each of these exercises, unless stated otherwise. You don't have to complete the exercises in order, just as long as you finish the full 1000 reps! Set a timer and stop in once you have gone through EVERY exercise. You can take a break whenever you want but the timer **DOES NOT STOP!** Record your result in your phone or on a piece of paper.

| SET TIMER | |
|----------------------------------|-------------------------------|
| Burpees | Medicine Ball Squat and Press |
| Jump Lunges | Tricep Dips |
| Mountain Climber Push Ups | 100 - Skipping |
| Toe Taps | Snap Jumps |
| 100 - Ab Bikes | Reverse Lunge + Knee Lift |
| Tuck Jumps | Drop Push Ups |
| Sit Ups | Single Arm Squat and Press |
| X Hops | 100 - X Mountain Climbers |
| Commandos | Split Jumps |
| 100 - Mountain Climbers | Weighted Bent Leg Jackknifes |
| Box Jumps | Jump Squats |
| Weighted Straight Leg Jackknifes | Lay Down Push Ups |



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