

Do you have what it takes? Push yourself more than you EVER have!

100 DAY CHALLENGE

You have 100 days to complete this challenge:

- 100 total hours of exercise
- 100 miles of running, walking, skipping or trotting
- Workouts listed below must be done at least 3x per week during 100 day challenge

Week 1:

100 seconds of the plank
100 triceps dips
100 squats

Week 2:

100 Crunches
100 BO Rows (or standing rows if using resistance bands)
100 step/stair climbs (left/right = 1 step)

Week 3:

100 bicycles
100 push ups
100 alternating lunges (left/right = 1 lunge)

Week 4:

100 roll ups
100 curls
100 RDLs

Week 5:

100 scissor kicks (left/right = 1 kick)
100 OH presses (or see saw presses, left/right = 1 press)
100 calf raises

Week 6:

100 swimmers (up/down = 1 swim)
100 high pulls
100 lateral lunges (left/right = 1 lunge)

Week 7:

100 scoops
100 triple crush (curl, over head press, triceps dip)
100 Sumo dead lifts

Repeat weeks 1 - 7 for weeks 8-14.

