

# 1,000 Rep Challenge

- 100 Burpees**
- 100 Squat Jumps**
- 100 Walking Lunges**
- 100 Push Ups**
- 100 Tricep Dips**
- 100 Spider Abs**
- 100 Sprints**
- 100 Single Leg Deadlifts**  
(50 on each leg)
- 100 Shuffle Planks**
- 100 Ab Rockers**  
(adding holds & pulses)

**Complete 10 different exercises, 100 reps of each. When you are done you will have crushed 1,000 reps!**

**Complete the exercises however you would like or spread it out over a few days.**



**B A S I N**  
**R E C R E A T I O N**