

THE
5000 REP
challenge



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THE *challenge*

EVERY WEEKDAY COMPLETE THE
WORKOUT BELOW AND RECORD YOUR
TIME.

TRY TO IMPROVE YOUR SPEED EACH
DAY.

BY THE END OF THE WEEK, YOU WILL
HAVE DONE 5000 REPS TOTAL!

BONUS: POST YOUR SCORE EVERY
DAY AND I'LL PICK A WINNER TO
SEND CASH!

THE *workout*

100 SKATERS

100 TOE TAP PLANK

100 SCISSOR KICKS

100 JUMP SQUATS

100 MOUNTAIN CLIMBERS

100 BICYCLE CRUNCHES

100 HIGH KNEES

100 SUPERMAN

100 RUSSIAN TWIST

100 SEC PLANK

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