

# MEDPOINT

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FITNESS

## 14 DAY 100 REP CHALLENGE



INTERMEDIATE INTENSITY

**Notes :**  
 Complete 100 reps of each exercise following the daily challenge. Feel free to break up your reps throughout the day. For example, 25 reps in the AM, 25 reps at morning break, etc.

**1 Day 1 - X-jump**

Start in a squat position with a wide stance and your arms hanging in front.  
 Jump up explosively and open your arms.  
 Land in the starting position and repeat.



Sets: 1 Repts: 100

**2 Day 2 - Push-ups**

Put your feet together and place your hands slightly outside of your shoulders.  
 Lower yourself all the way down so your chest almost makes contact with the ground and push back up.  
 Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times.  
 Do not let your chin move forward. Keep your head in line with your spine.



\* Can be performed from the knees as well.

Sets: 1 Repts: 100

**3 Day 3 - Abdominals heel touch**

On your back with knees bent, move the upper body to the right and left while keeping your shoulders raised to touch your heels.



Sets: 1 Repts: 100/side

**4 Day 4 - Jump Squats**

Keep a neutral back with your core engaged. Move down into a 45 degree squat, power through your heels and hop. Cushion your landing by move directly into your next squat.



Sets: 1 Repts: 100

**5 Day 5 - Supine jack knife**

Lay on the floor. Lift your legs and arms straight into the air.  
 Touch your feet with your hands and slowly lay back down.  
 If strength is a limiting factor, touch shins or knees.



Sets: 1 Repts: 100

**6 Day 6 - High knees run**

Run with high knees, keeping a tall posture.



Sets: 1 Repts: 100/side

**7 Day 7 - Shadow boxing**

Shadow boxing.



Sets: 1 Repts: 100

**8 Day 8 - Lunge jump**

Place one foot in front and the other behind so that you're standing in a split stance position.  
 Lower yourself by bringing your back knee toward the ground and jump explosively directly up.  
 Repeat.



Sets: 1 Repts: 50/side

**9 Day 9 - Spiderman push-up**



Put your feet together and hands slightly outside the shoulders.  
 Lower yourself all the way down so your chest almost makes contact with the ground at the same time that you bring one knee toward the hand.  
 Do not let the chin move forward. Keep the head in line with the spine.

Sets: 1 Reps: 50/side

**10 Day 10 - Heel to buttock sequence**



Run with shorter steps than usual and at each 3rd step, bring your heel to your buttock actively to alternate between the left and right leg.

Sets: 1 Reps: 100/side

**11 Day 11 - Windmills**



Start with a wide stance and rotate and flex at the hips (pushing the hips back) as you reach toward the foot with the opposite arm.  
 Do not round the upper or lower back.  
 Keep chest and eyes up.

Sets: 1 Reps: 100/side

**12 Day 12 - Flutter kicks**



Lie down on your back with your legs and shoulders lifted just off the floor.  
 Kick your legs in a small range of motion.

Sets: 1 Reps: 50/side

**13 Day 13 - Mountain climbers (slow)**



Start in a push-up position with your feet on sliding disks.  
 Bring one knee toward your chest, keeping the trunk stable and abdominals engaged.  
 Return the foot to the starting position and repeat with the other leg.

Sets: 1 Reps: 100/side/side

**14 Day 14 - Burpees without push-up**



Jump and reach up with your hands.  
 Upon landing, drop down on your hands a high plank position.  
 Get back up again and repeat continuously.

Sets: 1 Reps: 100

# FITNESS CHALLENGE

Month:

Week of:

	Exercise/Workout	Reps Completed
1		
2		
3		
4		
5		
6		
7		

Notes:

# FITNESS CHALLENGE

Month:

Week of:

	Exercise/Workout	Reps Completed
8		
9		
10		
11		
12		
13		
14		

Notes: