

MEDPOINT

FITNESS

14 DAY 100 REP CHALLENGE



MODERATE 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 - Jumping jacks



Lift your arms above your head when your feet come together.
 Lower your arms parallel to the ground when you open your feet.



Sets: 1 Repts: 100

2 Day 2 - Push-ups on knees



On your stomach, place your hands slightly outside of your shoulders.
 Push yourself up and make sure that your body forms a straight line from your head to your knees.
 Be careful to place your chest on the ground first and not your face.



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: 50/side

4 Day 4 - Bodyweight squat



Push the hips back and flex the knees to lower the body down until the thighs are parallel to the ground.
 Keep the back straight, chest out and shoulders back and down.
 You can balance yourself by raising the arms forward as you lower.



* add dumbbells to hands to add challenge.

Sets: 1 Repts: 100

5 Day 5 - Dead bug



Lie on your back with knees and hips bent to 90° and both arms vertical.
 Brace the abdominals lightly to prevent any spinal movement and maintain a steady abdominal breathing.
 Lower one leg and the opposite arm toward the floor and return to the starting position under control.
 Repeat with the other leg and opposite arm.



Sets: 1 Repts: 50/side

6 Day 6 - High knees run

Run with high knees, keeping a tall posture.



Sets: 1 Repts: 50/side

7 Day 7 - Shadow boxing

Shadow boxing.



Sets: 1 Repts: 100

8 Day 8 - Sumo squat

Place your feet wider than shoulder-width.
 Lower to the point where your thighs are almost parallel to the ground by pushing your hips backward and flexing your knees.
 Keep your chest up and back neutral for the duration of the movement.
 Keep your heels planted on the ground and knees aligned with your ankles (if your knees can't be aligned with your feet and fall inward as you lower, your stance is probably too wide).



Sets: 1 Repts: 100

9 Day 9 - Incline push-up



Start in a plank position against a table, a piece of stable furniture or a counter top with your hands shoulder width apart. The lower your hands are to the ground, the harder the exercise will be. Place your hands slightly wider than shoulder width apart.
 With your body stable and completely straight, bend the arms to bring the chest close to the table. Push-back to the starting position. Keep your chin tucked during the exercise.

Sets: 1 Reps: 100

11 Day 11 - 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: 50/side

13 Day 13 - 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

10 Day 10 - Bird dog



Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders. Your back is in a neutral position (slightly arched) and your chin must be tucked in. Tighten slightly your abdominals, lumbar muscles and pelvic floor muscles then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate. Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up. Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

Sets: 1 Reps: 50/side

12 Day 12 - 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: 50/side

14 Day 14 - 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: 50/side

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: