

100s WORKOUT

Do 100 reps of each exercise. You can split the reps into groups of 25, as long as you get the full 100

This workout, while simple and requiring very little but your own body weight, will challenge your muscles by the sheer number of reps of each exercise.

Total workout time about 30-35 minutes.

WARM UP

Spend at least 3 minutes easing into the workout with your favorite warm up moves.

EXERCISES

Jumping Jacks

Squats with Arm Raise

Push-ups

Alternating Side Lunges

Tricep dips (on a bench, step, table or ottoman)

Rear lunges (100 each leg)

Kettlebell/Dumb bell swings (double-handed)

Reverse Crunch

Bicep Curls

Floor Bridge

Bent-Over Rows

Plank Ts

Get instructions on these exercises and more great workouts at www.evolvefitnessandcoaching.com