

APRIL 50/100 CHALLENGE 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DIRECTIONS: EACH DAY DO THE EXERCISE 50 OR 100 REPS- BREAK UP IN SHORT SETS OR ALL IN

1 **FROG JUMPS**



2 **SQUAT JUMPS**



3 **MOUNTAIN CLIMBERS**



4 **SKIERS**



5 **WALK OUT PLANK**



6 **PLANK TAPS**



7 **SQUATS**



8 **SIDE HOPS**



9 **JOG IN PLACE**



10 **PUSH-UPS**



11 **SHUFFLE TAP**



12 **TRICEP DIPS**



13 **JUMP SHUFFLE BACK**



14 **BOTTOM KICKERS**



15 **180 TURN TAPS**



16 **SQUAT JUMPS**



17 **JUMPING JACKS**



18 **BURPEES**



19 **PLANK TAPS/KNEE TAPS**



20 **PLANK BEAR HOPS**



21 **4 MOUNTAIN CLIMBERS 1 PUSH UP**



22 **PLANK STEP IN FROGGERS**



23 **PLANK JACKS**



24 **V-UPS**



25 **CRUNCHES**



26 **ALTERNATING V-UPS**



27 **KNEE CRUNCHES**



28 **UP DOWNS**



29 **HOVER 1 min**



30 **RUSSIAN TWIST**

