

100

30-Day Challenge

Repeat each exercise 100 times.
Split into manageable sets
Extra Credit: in one go

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1  high knees	2  shoulder taps	3  climbers	4  single leg hops	5  bridges
6  knee-to-elbows	7  crunches	8  punches	9  flutter kicks	10  jumping jacks
11  squat hops	12  side leg raises	13  side bridges	14  raised arm circles	15  long arm crunches
16  seal jacks	17  get-ups	18  reverse lunges	19  alt arm/leg raises	20  leg extensions
21  squats	22  plank rotations	23  calf raises	24  jumping Ts	25  leg raises
26  jump squats	27  sit-ups	28  lunges	29  push-ups	30  basic burpees