



30 Day fitness CHALLENGE

MASTER OF DESCENT - 5000 REPS IN 30 DAYS

Challengers Name

Task: Choose a number of repetitions that suits your ability level, see below.

- **Beginner:** 3000 reps (100 reps a day)
- **Intermediate:** 4000 reps (133 reps per day)
- **Advanced:** 5000 (166 reps per day)

Complete as many repetitions of each exercise using one or all the exercises listed below.

- Push ups
- Squats
- Sit ups

Top tips

1. Aim to complete a set amount a day and try and stick to it. You can either complete the set amount all at once or scatter the reps out during the day.
2. Whenever you get the chance, blast out a quick set. It soon adds up.
3. Come to the session 5 minutes early and get a quick set in. And stay for an extra 5 minutes to get another set in. Again, it all adds up and you'll finish the challenge much quicker.

Rules

1. Repetitions during sessions do not count. Only before & after the session.
2. You must do all reps. You can't get somebody to do them for you.

Note: Use the chart below to track your progress. Work down the reps from 5000.

Day	Reps	Total	Day	Reps	Total
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		