10-DAY AT HOME
Exercise Challenge

100 Reps
One Exercise!
Push-up/Air squat
20 reps x 5 rounds
GOAL: As fast as possible

5 Minutes
One Exercise!
Swing
5 Minutes
GOAL: Complete time

200 Reps
One Arm/One Leg!
Jump/hold w/ hand or leg raise
20 reps x 5 rounds
GOAL: Same time every round

10 Minutes
Without Stopping!
Air squat/Push-up
30s x 10 rounds
GOAL: Same reps every round

500 Reps
5 Patterns!
Squat/Push-up/Hinge/Row/Lunge
Ladder: 1 rep to 10 reps to 1 rep
GOAL: As fast as possible

15 Minutes
2 Household Objects!
Squat to press/Inverted row
20 reps
GOAL: As many rounds as possible

200 Reps
In the Kitchen!
Split squat/Handstand
10 reps/30s x 10 rounds
GOAL: As fast as possible

10 Minutes
High Intensity!
Jump/Push-up or inverted row
20s on/10s off x 5 rounds each
GOAL: As many reps as possible

100 Reps
One Piece of Furniture!
Jump/hold w/ hand or leg raise
20 reps x 5 rounds
GOAL: Same time every round

5 Minutes
Mobility!
Ankle/hip/shoulder
60s/side
GOAL: As relaxed as possible!