



# 10-DAY AT HOME Exercise Challenge



## 100 Reps One Exercise!

Push-up/Air squat  
20 reps x 5 rounds  
GOAL: As fast as possible



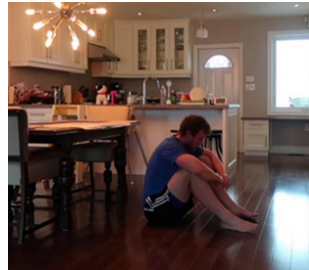
## 5 Minutes One Exercise!

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



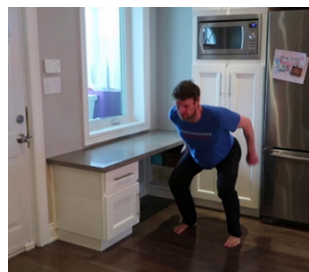
## 15 Minutes 2 Household Objects!

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



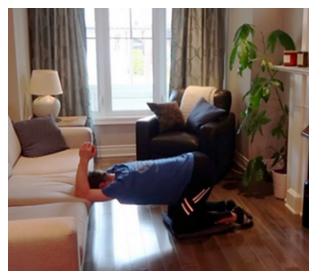
## 10 Minutes High Intensity!

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!