

100 CHALLENGE

Join the MWR Fitness Center in a challenge!

Do 100 reps of each exercise in one day.
(2 sets of 50) (4 sets of 25) or (5 sets of 20)



100 **JACKS**
(Or modified Jacks)



100 **Kicks**



100 **SQUATS**



100 **PUSH UPS**
(Can modify on knees)



100 **SIT-UPS**
(Basic Sit-Ups)