

JANUAR CHALLENGE

1000 Reps Push-ups & Sit-ups

1.

Set 1: 4
Set 2: 5
Set 3: 4
Set 4: 5

2.

Set 1: 5
Set 2: 5
Set 3: 5
Set 4: 5

3.

Set 1: 5
Set 2: 6
Set 3: 5
Set 4: 6

4.

Set 1: 6
Set 2: 6
Set 3: 6
Set 4: 6

5.

Set 1: 6
Set 2: 7
Set 3: 6
Set 4: 7

6.

Set 1: 7
Set 2: 7
Set 3: 7
Set 4: 7

7.

Set 1: 10
Set 2: 5
Set 3: 10
Set 4: 5

8.

Rest

9.

Set 1: 9
Set 2: 8
Set 3: 9
Set 4: 8

10.

Set 1: 11
Set 2: 6
Set 3: 11
Set 4: 6

11.

Set 1: 10
Set 2: 8
Set 3: 10
Set 4: 8

12.

Set 1: 8
Set 2: 9
Set 3: 10
Set 4: 11

13.

Set 1: 10
Set 2: 10
Set 3: 10
Set 4: 10

14.

Set 1: 15
Set 2: 15
Set 3: 5

15.

Rest

16.

Set 1: 12
Set 2: 12
Set 3: 12
Set 4: 6

17.

Set 1: 15
Set 2: 5
Set 3: 15
Set 4: 5

18.

Set 1: 5
Set 2: 10
Set 3: 15
Set 4: 10

19.

Set 1: 5
Set 2: 10
Set 3: 15
Set 4: 10

20.

Rest

21.

Set 1: 10
Set 2: 20
Set 3: 10

22.

Set 1: 13
Set 2: 13
Set 3: 13

23.

Set 1: 5
Set 2: 25
Set 3: 5

24.

Rest

25.

Set 1: 25
Set 2: 25

26.

Set 1: 5
Set 2: 30
Set 3: 5

27.

Set 1: 25
Set 2: 15
Set 3: 25

28.

Rest

29.

Set 1: 20
Set 2: 20
Set 3: 20

30.

Set 1: 20
Set 2: 20
Set 3: 20

31. Final: 50 Reps unbroken