



100 Rep Workout

10 Star Jumps

10 Squats

10 Sit Ups

10 Lunges

10 V Sits

10 Mountain Climbers

10 Plank Shoulder Taps

10 Tricep Dips

10 Press Ups

10 Burpees

1 min Plank

Beginner - 1 Round

Novice - 2 Rounds

Athlete - 3 Rounds

Body Builder - 4 Rounds

Olympian - 5 Rounds

Superhero - 6 Rounds

Legend - 7 Rounds

God - 8 Rounds