

## CHALLENGE 2 FULL BODY

you need : towel, waterbottle, chair

optional : mat, chrono



HEALTHGUIDE

Sequence : warm-up for at least 5 minutes

perform the challenge for a 20-30 minute workout

cooldown and stretching for at least 5 min

In these countdown challenges you will push yourself to the limits to try improving your time, targeting all bodyparts these challenges will make you sweat.

Perform once a month to monitor progress

take as much rest as you need in between or during the repetitions

### **100 COUNTDOWN**

**100 jumping jacks**

**80 chair step ups (40 each side)**

**70 squats**

**60 ankle taps (count both sides)**

**50 lunges (25 each side)**

**40 high knees (20 each side)**

**30 mountain climbers**

**25 tricep dips**

**20 ab-bikes**

**10 spiderman**

**9 crunches**

**8 burpees**

**7 russian twist (count one side)**

**6 push-ups**

**5 squat-tuck jumps**

**4 burpees**

**3 bunny hops**

**2 burpees**

**1 min plank**