



1,000 Rep Lower Body Challenge

(100 Repetitions of Each Exercise)

****Utilize Proper Form for All Repetitions****

Warm Up

(5-8 minutes to prepare your body for the workout)

Standard Squats

Dead Lifts

Traveling Lunges

Sumo Squats

Good Mornings

Alternating Reverse Lunges with Knee Lift

Strict Step Ups

Glute Bridges or Hip Thrusts

Alternating Side Lunges

Calf Raises

Cool Down & Stretch