

1000 Rep Workout

Exercise	Reps
Burpees	10
High Knees Run in Place	10 each leg
Side Jump-Burpee-Tuck Jump	10
Elevated Plank Knee Tucks, alternating L/R	10 each leg
Jump Lunges	10 each leg
Tuck Jumps	10
Overhead Press with Reverse Lunge and Snap Kick (2-10 lbs)	10 Right leg only
Jumping Jacks or Star Jumps	10
Overhead Press with Reverse Lunge and Snap Kick (2-10 lbs)	10 Left leg only
Bicycle Abs (slow!)	10 each side
Jump Rope	100 skips
Repeat 4 more times	
10 Minute Abs	
	Time
Punch Abs--1/2 Sit-up with a fist punch to each side	45 sec/rest 15 sec
L Side L's-- lie on R side, lift L leg up, lower, swing toward face	45 sec/rest 15 sec
R Side L's--lie on L side, lift R leg up, lower, swing toward face	45 sec/rest 15 sec
Repeat 2 More Times	
Towel Drag Plank	1 min