

## **1000 Rep Workout!**

2 Laps around the block = 1.5 miles  
Complete each exercise in order for the reps listed.

### **100 Jump Rope**

25 Push ups

### **15 KB Goblet Squats**

20 DB Alternating Shoulder Press (10 each side)

### **200 Rope Alternate Up-Downs (100 each arm)**

25 Ab Dolly Knee Tucks

### **25 Jumping Jacks**

20 TRX One Arm Rows (10 each arm)

### **30 MB Lunges; Swing MB overhead (15 each leg)**

15 Ab Dolly Upper Body Rollouts

### **5 Box Jumps**

20 Aero Push ups Up and Overs (10 each side)

### **15 KB Deadlifts**

20 cone drill Lateral: Side to Side (cones 12 feet apart, 10 each side)

### **15 Pull ups**

10 V Ups

### **100 Jump Rope**

20 MB Push ups (alternate MB side to side; 10 each side)

### **25 Rowers**

30 MB Side Twists (15 each side)

### **20 Split Squats (10 each side)**

20 SB Passovers

### **20 KB Swings**

10 Hanging Leg Raises

### **10 DB Push ups with Alternating Row (5 each side)**

50 Aero Fast Feet Drill

### **20 KB Get Ups (10 each side)**

10 Burpees

### **15 MB Slammers**

20 Push up Plank to Elbow Plank (10 left lead; 10 right lead)

### **50 Tire High Knees (25 each side)**

20 Spidermans (10 knee to elbow, each leg)

### **1 Rope Climb**