



RIVER REPS

BY DAVE



1000 REPS CHALLENGE

ONE OF THE MOST IMPORTANT THINGS WE CAN DO FOR OUR PHYSICAL AND MENTAL HEALTH IS...MOVE!WE'VE CREATED A CHALLENGE TO HELP YOU KEEP MOVING.

THE CHALLENGE IS TO DO 1000 REPETITIONS OF ANY COMBINATION OF EXERCISES A WEEK(NOT 1000 OF EACH). BELOW ARE SUGGESTIONS BUT THERE ARE MANY MORE THAT CAN BE ADDED OR SUBSTITUTED. BREAK THE 1000 DOWN IN ANY FASHION OVER 6 DAYS WITH ONE DAY AS A REST DAY.WE HAVE CREATED A SAMPLE WORKOUT FOR YOU IF YOU NEED HELP.

IF NEED BE, DO THE REPUTATIONS THROUGHOUT THE DAY, SOME IN THE MORNING,SOME IN THE AFTERNOON. THE GOAL IS TO BE MOVING! KEEP A LOG BOOK TO KEEP YOU HONEST AND LOG YOUR SUCCESS! NOW GET MOVING !!!

SAMPLE EXERCISES

- PUSH-UPS
- SIT-UPS
- PLANKS - 1 MIN (COUNT AS 50 REPS)
- SQUATS
- BURPEES
- JUMPING JACKS
- BALANCE 1 FOOT FOR A MINUTE (COUNT AS 50REPS)
- TOUCH YOUR TOES (KNEES SLIGHTLY BENT)
- LUNGES
- CALF RAISES
- BRIDGES
- HIGH KNEES
- TRUNK TWIST
- DONKEY KICKS
- BICYCLE CRUNCHES
- WALL SIT - 1 MIN (COUNT AS 50 REPS)
- STAR JUMPS
- BUTT KICKS
- SQUAT JUMPS



SAMPLE WORKOUT



ACTIVITY	REPS
DAY 1 <ul style="list-style-type: none">• 75 PUSH UPS• 75 SIT-UPS• 50 BURPEES• 100 JUMPING JACKS• 1 MIN PLANK = 50 REP	350
DAY 2 <ul style="list-style-type: none">• 25 BUTT KICKS• 25 TRUNK TWISTS• 25 JUMP SQUATS• 25 DONKEY KICKS	100
DAY 3 <ul style="list-style-type: none">• 50 SQUATS• 25 BICYCLE CRUNCHES• 50 TOE TOUCHES• 25 BRIDGES• 50 CALF RAISES	200
DAY 4 <ul style="list-style-type: none">• 1 MINUTE WALL SIT (50 REPS)• 5 BURPEES• 15 STAR JUMPS• 15 SQUAT JUMPS• 15 PUSH-UPS	100
DAY 5 <ul style="list-style-type: none">• 1 MINUTE PLANK (50 REPS)• 25 TRUNK TWISTS• 50 JUMPING JACKS• 50 TOE TOUCHES• 25 LUNGES	200
DAY 6 <ul style="list-style-type: none">• 15 STAR JUMPS• 25 PUSH-UPS• 25 SIT-UPS• 25 DONKEY KICKS• 10 BURPEES	100