**57 Workout Challenges**

The following workout challenges are great to add to the end of your workouts, and they generally can last from 1-15 minutes in length.

Please refer to your workouts for the exercises.

**How many reps can you complete in: 1 minute**

Pushups

Body Weight Neutral Squats

Burpees

Get Up Get Downs

Man Makers

Plyometric Lunges

Jump Squats

Crunches- arms crossed elbows to knees

Cross Body Mountain Climbers- knees to elbows

Leg Thrusters

**How many rounds can you complete in 5 minutes**

2 Squats - 2 Push Ups – 2 mountain climbers

2 Burpees - 2 tuck jumps

4 Leg Thrusters- 4 Cross Body Mountain Climbers

3 Box Jumps- 3 Push Ups

4 Kettle Bell Swings (to eye level) – 4 Burpees

5 squats, 5 get up get downs

2 inchworm – 2 thruster – 10 star jumps

10 high knees – 5 squat jumps – 5 pushup leans

3 pushups – 3 chin ups

10 running high knees – 10 running mountain climbers

4 Push up – 1 Get up get down

**How long does it take to complete: Best time**

100 Burpees

40 Man Makers

1000 Running Mountain Climbers

500m Row

1km Row

Run 1km

100 Box Jumps

**Pyramids**

**Complete the following without stopping**

10 Burpees 10 High Knees

8 Burpees 10 High Knees

6 Burpees 10 High Knees

4 Burpees 10 High Knees

2 Burpees 10 High Knees

**Complete the following without stopping**

10 Star Jumps 10 Running Mountain Climbers

9 Star Jumps 9 Running Mountain Climbers

8 Star Jumps 8 Running Mountain Climbers

7 Star Jumps 7 Running Mountain Climbers

6 Star Jumps 6 Running Mountain Climbers

5 Star Jumps 5 Running Mountain Climbers

4 Star Jumps 4 Running Mountain Climbers

3 Star Jumps 3 Running Mountain Climbers

2 Star Jumps 2 Running Mountain Climbers

1 Star Jump 1 Running Mountain Climbers

**Complete the following without stopping until completion**

1 Squat 1 Push Up

2 Squat 2 Push Up

3 Squat 3 Push Up

4 Squat 4 Push Up

5 Squat 5 Push Up

6 Squat 6 Push Up

7 Squat 7 Push Up

8 Squat 8 Push Up

9 Squat 9 Push Up

10 Squat 10 Push Up

**Complete the following without stopping until completion**

10 Lunges Run 10m, 10 Squat Jumps

8 Lunges Run 10m, 8 Squat Jumps

6 Lunges Run 10m, 6 Squat Jumps

4 Lunges Run 10m, 4 Squat Jumps

2 Lunges Run 10m, 2 Squat Jumps

**Complete the following without stopping until completion**

10 Star Jumps 10 Burpees

9 Star Jumps 9 Burpees

8 Star Jump 8 Burpees

7 Star Jump 7 Burpees

6 Star Jump 6 Burpees

5 Star Jump 5 Burpees

4 Star Jump 4 Burpees

3 Star Jump 3 Burpees

2 Star Jump 2 Burpees

1 Star Jump 1 Burpees

**Max Reps**

Prone Hold

Wall Squat Hold

Push ups

Squats

Squat With Explosive Jump

Plyo Lunges

Wall Push Ups

Tricep Push Ups

Emu Dive Push Ups

Tricep Dips

Crunches – elbow to knee

High knee running on spot

**How long does it take to complete 2 full rounds of the following exercises?**

1min Star Jumps

1min Skipping

50 High Knees

5 Push Ups

15 Burpees

50 Star Jumps

1min Jump Squats

**How long does it take to complete 2 full rounds of the following exercises?**

50 Star Jumps

40 Thrusters

30 Squat Jumps

20 Push Ups

10 Bicycle Crunches

**How fast can you do this set in?**

1 Star Jump 1 Burpee 1 Squat jump

2 Star Jump 2 Burpee 2 Squat Jump

3 Star Jump 3 Burpee 3 Squat Jump

4 Star Jump 4 Burpee 4 Squat Jump

5 Star Jump 5 Burpee 5 Squat Jump

**100’s challenge how long does it take you to complete**

100 Star Jumps

90 Crunches

80 Squats

70 hip extensions

60 Star Jumps

50 Crunches

40 Squats

30 Hip Extensions

20 Star Jumps

Run 2 km

**10 min challenge- how many rounds can you do**

15 Squat Jumps

RUN 50M

15 Push Ups

RUN 50M

15 Bicycle Crunches

RUN 50M

15 High Knees

RUN 50M

**10 min challenge- how many rounds can you do**

16 Plyometric Lunges

RUN 50M

16 Bent Knee Crunches

RUN 50M

16 Sumo To Neutral Squats

RUN 50M

16- 4 Point Push Ups – 8 Each Arm

RUN 50M

**10 min challenge- how many rounds can you do**

4 Burpees

4 Seal Jumps

4 Tuck Jumps

8 Burpees

8 Seal Jumps

8 Tuck Jumps

**The Ultimate Fitness Test (advanced only)**

Max Pushups

500m row

Max Chin ups

500m row

60 sec Burpees

500m row

Max Crunches

Repeat 3x

**Distance**

How Far Can You Bear Crawl

How Far Can You Duck Walk

How Far Can You Run Without Stopping

**100’s challenge**

100 x Star jumps

90 x Crunches

80 x Squats

70 x Hip extensions

60 x Star jumps

50 x Crunches

40 x Squats

30 x Hip extensions

20 x Star Jumps

Finish with a 2km run.

**Grueling foursomes (AMRAP)**

10 x Man makers

RUN 25M AND BACK

10 x Lateral lunge with knee up (5 each side)

RUN 25M AND BACK

10 x Side hip raisers (5 each side)

RUN 25M AND BACK

10 x 180 degrees jump squats

RUN 25M AND BACK

Once a round is complete, get the student to Yell out their name and the instructor can keep a tally’s on clients progression. Do as many rounds as you can in 10-20 or 30mins. You can vary this workout considerably, you could actually make it one complete workout, or you can use it as a simple finisher to your workout.

**30 Second Domination**

Squats

Push ups

Crunches

Plyo lunges

Write each clients name down and record their repetition number for each exercise.

Do as many repetitions for each exercise, give a 40-60 second rest in between each.

Go through all four exercises for 3 rounds and record each client for every round and at the start of each exercise for rounds 2 and 3, let the client know their best that they need to beat.