

**A-107 Mountain Climbers**

**B-89 lemon crunchers**

**C-40 Reverse crunches**

**D-99 squats**

**E-123 Russian twists**

**F-40 overhand chin-ups**

**G-74 butterfly kicks**

**H-65 burpees**

**I-100 hip dips (50 each side)**

**J-150 Jumping jacks**

**K-75- 1 leg candle sticks up onto panel**

**L- 77 v-up to hollow hold**

**M-34 close grip push-ups**

**N-151 calf raises**

**O-75 frog jumps**

**P-60 cherry pickers**

**Q-88 supermans**

**R-43 chasse' straight leg leap**

**S-plank drag with plate 4x**

**T-40 chin ups**

**U- 37 beam chin ups**

**V- 62 Handstand snap down to tuck jump**

**W-35 candle stick swings**

**X-29 front walk overs**

**Y-24 back walk overs**

**Z- 36 back extension rolls**

# The 99 Workout

## Set 1

99 jumping jacks  
99 crunches  
99 sec. wall sit  
99 knee lifts  
9 push-ups



## Set 2

88 jumping jacks  
88 crunches  
88 sec. wall sit  
88 knee lifts  
8 push-ups



## Set 3

77 jumping jacks  
77 crunches  
77 sec. wall sit  
77 knee lifts  
7 push-ups

## Set 4

66 jumping jacks  
66 crunches  
66 sec. wall sit  
66 knee lifts  
6 push-ups

## Set 5

55 jumping jacks  
55 crunches  
55 sec. wall sit  
55 knee lifts  
5 push-ups



## Set 6

44 jumping jacks  
44 crunches  
44 sec. wall sit  
44 knee lifts  
4 push-ups

## Set 7

33 jumping jacks  
33 crunches  
33 sec. wall sit  
33 knee lifts  
3 push-ups



## Set 8

22 jumping jacks  
22 crunches  
22 sec. wall sit  
22 knee lifts  
2 push-ups

## Set 9

11  
minute  
run



Do it if you dare!

[www.theysmell.com](http://www.theysmell.com)

adapted from beautifuldaysrunning tumblr.com



# GYMNASTICS INSPIRED WORKOUT

5 minutes cardio- running, jogging, jumping jacks, etc.

25 tuck jumps

25 push ups

25 triangle push ups

25 "Crunches"

25 V-ups

1 minute plank

25 side arch ups, right

25 side arch ups, left

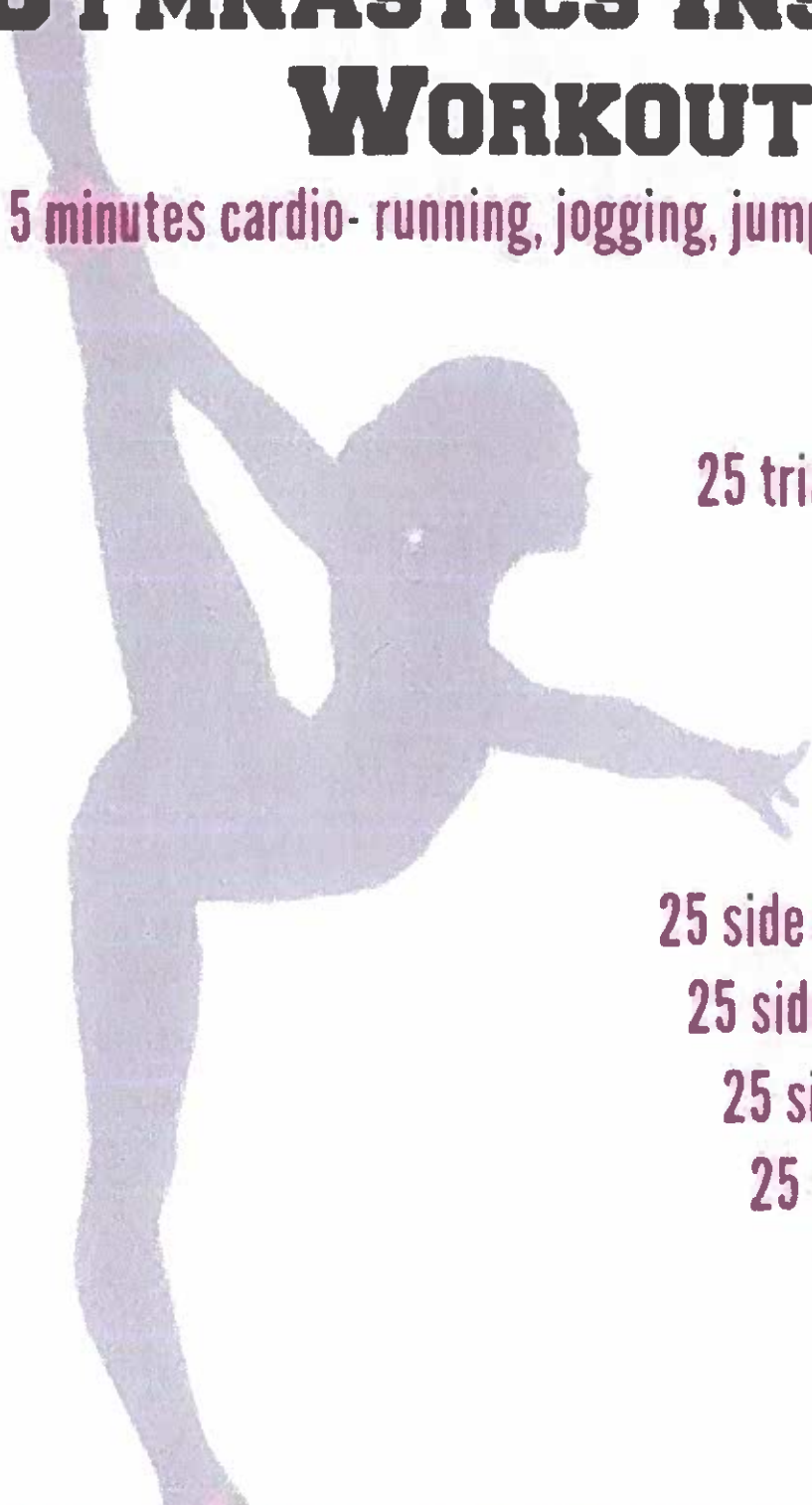
25 side rocks, right

25 side rocks, left

25 supermans

25 hollow ups

10 Roll-backs to standing, one foot at a time if possible.



# 30 Days Full Body Challenge!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
10 leg raises 10 crunches 10 push ups 15 sit ups 25 squats 20s plank 25 min run	10 leg raises 10 crunches 10 push ups 15 sit ups 25 squats 20s plank 25 min run	12 leg raises 17 crunches 12 push ups 20 sit ups 30 squats 30s plank 30 min run	<b>REST DAY</b>	15 leg raises 15 crunches 15 push ups 20 sit ups 30 squats 30s plank 30 min run	15 leg raises 15 crunches 15 push ups 20 sit ups 35 squats 40s plank 35 min run
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
17 leg raises 17 crunches 17 push ups 25 sit ups 35 squats 40s plank 35 min run	17 leg raises 17 crunches 17 push ups 25 sit ups 35 squats 45s plank 35 min run	<b>REST DAY</b>	20 leg raises 20 crunches 20 push ups 25 sit ups 35 squats 45s plank 35 min run	20 leg raises 20 crunches 20 push ups 25 sit ups 40 squats 1 min plank 35 min run	25 leg raises 20 crunches 20 push ups 30 sit ups 40 squats 1 min plank 40 min run
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
25 leg raises 25 crunches 20 push ups 30 sit ups 40 squats 1 min plank 40 min run	<b>REST DAY</b>	30 leg raises 25 crunches 22 push ups 35 sit ups 45 squats 1,5 min plank 40 min run	30 leg raises 25 crunches 22 push ups 35 sit ups 45 squats 1,5 min plank 40 min run	35 leg raises 30 crunches 22 push ups 35 sit ups 45 squats 1,5 min plank 40 min run	35 leg raises 30 crunches 22 push ups 40 sit ups 50 squats 2 min plank 45 min run
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
<b>REST DAY</b>	40 leg raises 30 crunches 25 push ups 40 sit ups 50 squats 2 min plank 45 min run	40 leg raises 35 crunches 25 push ups 40 sit ups 50 squats 2,5 min plank 45 min run	40 leg raises 35 crunches 25 push ups 45 sit ups 55 squats 2,5 min plank 45 min run	40 leg raises 35 crunches 25 push ups 45 sit ups 55 squats 3 min plank 50 min run	<b>REST DAY</b>
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
45 leg raises 40 crunches 27 push ups 45 sit ups 55 squats 1 min plank 50 min run	45 leg raises 40 crunches 27 push ups 50 sit ups 60 squats 3,5 min plank 50 min run	45 leg raises 40 crunches 27 push ups 50 sit ups 60 squats 3,5 min plank 50 min run	45 leg raises 45 crunches 27 push ups 50 sit ups 60 squats 4 min plank 55 min run	<b>REST DAY</b>	50 leg raises 50 crunches 30 push ups 60 sit ups 60 squats 4 min plank 60 min run

<http://tthatway.tumblr.com>