




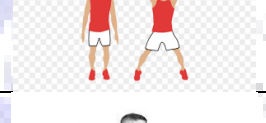





## ACTIVE 2000 REPS CHALLENGE

EXERCISE	IMAGE	REPS	REST BETWEEN EXERCISE
LUNGES		50	60 SECONDS
PUSH UPS		50	
JUMP SQUATS		50	
HIGH PLANK WITH SHOULDER TAPS		50	
INCLINE HIP TRUST		50	
JUMPING JACKS		50	
DIPS		50	
BRIDGE		50	
CRUNCHES		50	
BURBEEES		50	

**NOTE:** Do 500 reps once a week for 4 weeks. That's 10 exercises by 50 reps with 60 seconds rest between exercises. Do these 500 reps over the next four weeks that is 2000 completed exercise reps.