

# SUPER-HERO CHALLENGE

100 reps / day

complete 10 reps of every exercise with little to no rest everyday for a week

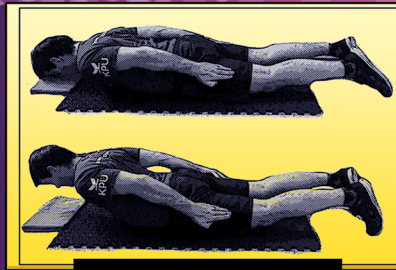
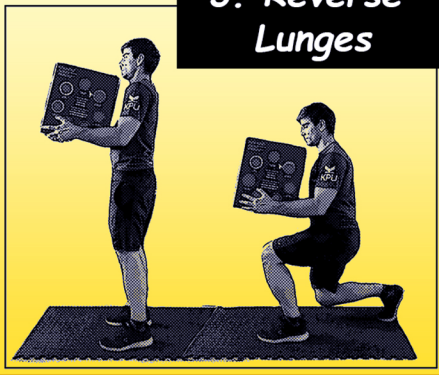
## 1. Jumping Jacks



## 2. Push Ups

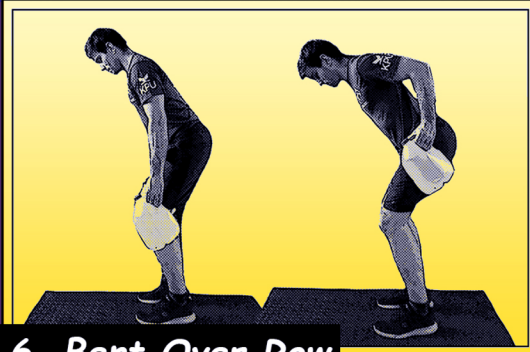
from hips, knees or toes!

## 3. Reverse Lunges



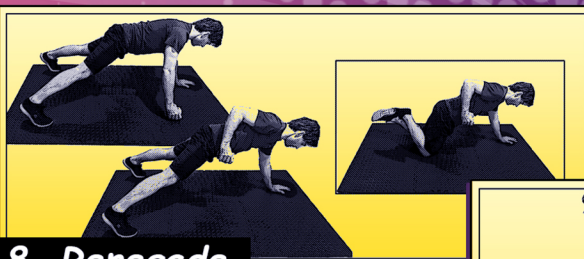
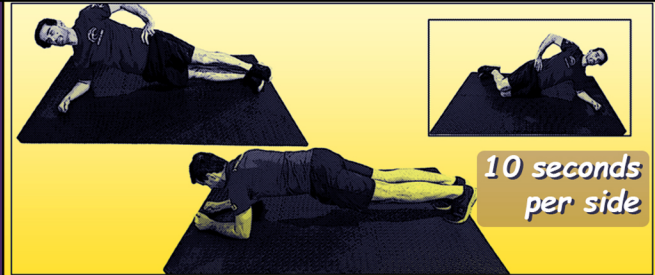
## 4. Back Extensions

## 5. High Knees



## 6. Bent Over Row

## 7. Side Plank / Front Plank / Side Plank



## 8. Renegade Row

## 9. Squats



## 10. Jumping Jacks