



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 10,000 REP CHALLENGE

## LIFE CHANGING CHALLENGE

1. **Step outside your comfort zone and participate in this free challenge that emphasizes the use of body weight exercises.**
2. **Follow the pre-designed workout and by day 30 you will have completed 10,000 reps!**
3. **A grand prize will be drawn at each branch for members who register at the front desk.**
4. **Motivate yourself and others by posting pics of your workout using the hashtag **#10000YReps****

**Date: JULY 1-30**

**Cost: FREE**

**Registration: JUNE 18 - JULY 2**   **Ages: 13-15\* and 16 & older**

\*13-15 yr. old participants must pass or show proof that they have passed the Teen Strength Training course. Please see the front desk for more information.

**CONTACT: Lori Love**  
**llove@ymcaokc.org**

**YMCAOKC.ORG**



# 10,000 REP CHALLENGE

## JULY 1 - 30

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Squats - 40 Lunges - 20 Push-ups - 16 Burpees - 16 Crunches - 16 Mountain Climbers - 16 Leg Raises - 16 Plank Rotation - 8	Squats - 45 Lunges - 23 Push-ups - 18 Burpees - 18 Crunches - 18 Mountain Climbers - 18 Leg Raises - 18 Plank Rotation - 9	Squats - 50 Lunges - 25 Push-ups - 20 Burpees - 20 Crunches - 20 Mountain Climbers - 20 Leg Raises - 20 Plank Rotation - 10	<b>REST</b>	Squats - 55 Lunges - 28 Push-ups - 22 Burpees - 22 Crunches - 22 Mountain Climbers - 22 Leg Raises - 22 Plank Rotation - 11
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Squats - 60 Lunges - 30 Push-ups - 26 Burpees - 26 Crunches - 26 Mountain Climbers - 26 Leg Raises - 26 Plank Rotation - 13	Squats - 65 Lunges - 32 Push-ups - 28 Burpees - 28 Crunches - 28 Mountain Climbers - 28 Leg Raises - 28 Plank Rotation - 14	<b>REST</b>	Squats - 70 Lunges - 35 Push-ups - 32 Burpees - 32 Crunches - 32 Mountain Climbers - 32 Leg Raises - 32 Plank Rotation - 16	Squats - 75 Lunges - 37 Push-ups - 34 Burpees - 34 Crunches - 34 Mountain Climbers - 34 Leg Raises - 34 Plank Rotation - 17
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Squats - 80 Lunges - 40 Push-ups - 36 Burpees - 36 Crunches - 36 Mountain Climbers - 36 Leg Raises - 36 Plank Rotation - 18	<b>REST</b>	Squats - 90 Lunges - 45 Push-ups - 40 Burpees - 40 Crunches - 40 Mountain Climbers - 40 Leg Raises - 40 Plank Rotation - 20	Squats - 100 Lunges - 50 Push-ups - 42 Burpees - 42 Crunches - 42 Mountain Climbers - 42 Leg Raises - 42 Plank Rotation - 21	Squats - 110 Lunges - 55 Push-ups - 46 Burpees - 46 Crunches - 46 Mountain Climbers - 46 Leg Raises - 46 Plank Rotation - 23
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<b>REST</b>	Squats - 120 Lunges - 60 Push-ups - 48 Burpees - 48 Crunches - 48 Mountain Climbers - 48 Leg Raises - 48 Plank Rotation - 24	Squats - 130 Lunges - 65 Push-ups - 50 Burpees - 50 Crunches - 50 Mountain Climbers - 50 Leg Raises - 50 Plank Rotation - 25	Squats - 140 Lunges - 70 Push-ups - 52 Burpees - 52 Crunches - 52 Mountain Climbers - 52 Leg Raises - 52 Plank Rotation - 26	<b>REST</b>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Squats - 150 Lunges - 75 Push-ups - 54 Burpees - 54 Crunches - 54 Mountain Climbers - 54 Leg Raises - 54 Plank Rotation - 27	Squats - 160 Lunges - 80 Push-ups - 56 Burpees - 56 Crunches - 56 Mountain Climbers - 56 Leg Raises - 56 Plank Rotation - 28	Squats - 180 Lunges - 90 Push-ups - 58 Burpees - 58 Crunches - 58 Mountain Climbers - 58 Leg Raises - 58 Plank Rotation - 29	<b>REST</b>	Squats - 200 Lunges - 100 Push-ups - 60 Burpees - 60 Crunches - 60 Mountain Climbers - 60 Leg Raises - 60 Plank Rotation - 30
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Squats - 240 Lunges - 120 Push-ups - 62 Burpees - 62 Crunches - 62 Mountain Climbers - 62 Leg Raises - 62 Plank Rotation - 31	Squats - 260 Lunges - 130 Push-ups - 64 Burpees - 64 Crunches - 64 Mountain Climbers - 64 Leg Raises - 64 Plank Rotation - 32	<b>REST</b>	Squats - 280 Lunges - 160 Push-ups - 66 Burpees - 66 Crunches - 66 Mountain Climbers - 66 Leg Raises - 66 Plank Rotation - 33	Squats - 300 Lunges - 150 Push-ups - 70 Burpees - 70 Crunches - 70 Mountain Climbers - 70 Leg Raises - 70 Plank Rotation - 35