

# 600- Muscle Building Reps in 5-Days Workout!!

## Rules:

Complete 60 Lunges and 60 Chair Dips each day

\* Each step counts so its 120 total steps

20 Jumping Jacks

20 Mtn Climbers (legs go back and forth)

3 Rounds

\* Goal is to get a faster time each day

\* Check each exercise off each day



Exercises	Day 1	Day 2	Day 3	Day 4	Day 5
Lunges					
Chair Dips					
Jumping Jacks & Mtn Climbers	write time				

Mountain Climbers - Hips stay neutral, while you pump your legs back and forth

