

100 Rep Challenge

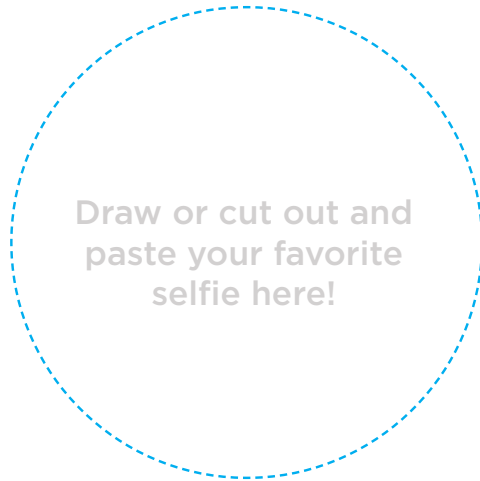
Complete this workout as fast as you can four separate times in one month.
Each time you complete the workout, record your time to see if you can set a personal record!
Cut out around the dotted line and fold along the solid line to create your All-Star Card!

PRO TIP

Scan the QR code and learn the movements for the 100 rep challenge!



Front



Draw or cut out and paste your favorite selfie here!

Write your name here

Back



100 Rep Challenge MY TIMES

1) _____

2) _____

3) _____

4) _____

Personal Record



JOINTHECLUB

or submit your challenge for the chance to win prizes!

