

**INSTRUCTIONS:** Challenge yourself by doing these routines every day until the end of our 21-Day Transformation Challenge! Here's the catch, you need to do more repetitions as every day progresses - beat your record.

Take note, you'll need to post a picture or a video of you in our Private Facebook Group. Otherwise, you may post or comment "challenge done" for us to see how active and motivated are you in this program.

#### **WORKOUT #1**





### **PUSH UPS OR KNEE PUSH UPS**

Do as many push ups as you can in 60 seconds. You may opt to do knee push-ups too. Record your repetitions. CHALLENGE: Beat your record the next day

20 second breather

https://dewaynejmalone.com/



### **WORKOUT #2**



### **MOUNTAIN CLIMBERS**

Do as many as you can in 60 seconds. Record your repetitions. CHALLENGE: Beat your record the next day



### **WORKOUT #3**

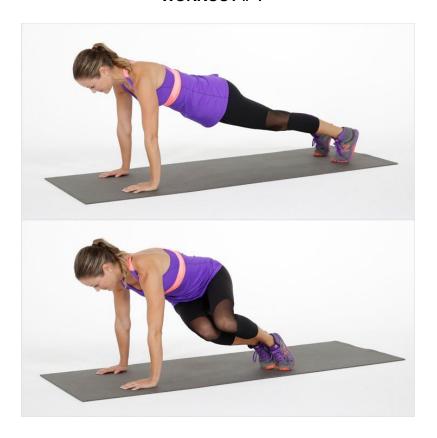


### **SPEED SQUAT**

Either do the standard squats or split squats. Do as many as you can in 60 seconds. Record your repetitions. CHALLENGE: Beat your record the next day



### **WORKOUT #4**



### IN AND OUT JUMPS

Do as many as you can in 60 seconds. Record your repetitions. CHALLENGE: Beat your record the next day



### **WORKOUT #5**



### **HIGH KNEE PUNCHES**

Run in place on high knees and do punch intervals. Do as many as you can in 60 seconds.

Record your repetitions. CHALLENGE: Beat your record the next day



### **WORKOUT #6**



### THE PLANK

Do as many as you can in 60 seconds. Record your repetitions. CHALLENGE: Beat your record the next day