



Dewayne J. Malone 8-min. Challenge
againstallodssfitness1@gmail.com

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/>



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WORKOUT # 2



MOUNTAIN CLIMBERS

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

20 second breather

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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

20 second breather

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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

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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

20 second breather

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WORKOUT # 6



THE PLANK

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

20 second breather

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