

# 6 WEEK CHALLENGE

## Exercise:

By the end of 6 weeks, I will reach 100 reps!

MON	TUE	WED	THU	FRI	SAT	SUN
10 reps	12 reps	15 reps	17 reps	20 reps	22 reps	25 reps
27 reps	30 reps	32 reps	35 reps	37 reps	40 reps	42 reps
44 reps	47 reps	50 reps	53 reps	55 reps	57 reps	60 reps
62 reps	65 reps	67 reps	70 reps	72 reps	75 reps	77 reps
80 reps	83 reps	85 reps	87 reps	90 reps	92 reps	93 reps
94 reps	95 reps	96 reps	97 reps	98 reps	99 reps	<b>100 reps</b>

