

Giulia's 500 Rep Upper Body Challenge!

Focus: upper body burn with high reps & not equipment needed!

100 reps total of each exercise

25 reps x 4 rounds of each exercise

= 500 reps TOTAL!

Exercise Name	Form Tips	# Reps	# Sets
Push ups	<ul style="list-style-type: none">-hand placement is just outside the shoulders-keep the hips tucked, core tight, back flat-to modify, perform push ups from an incline or from the knees	25	4
Tricep dips	<ul style="list-style-type: none">-use an inclined surface (stairs, a coffee table, chair, etc.)-drive through the hands and extend the elbows, squeeze the triceps at the top	25	4
High plank with a rotation	<ul style="list-style-type: none">-keep the hips tucked, core tight and back flat-twist the body to one side as one arm rotates up-to modify, perform from the knees or on an incline	25	4
Superman's	<ul style="list-style-type: none">-start by lying flat on the belly with arms and legs extended-when arms and legs raise up, squeeze the glutes and back	25	4
Boxer punches	<ul style="list-style-type: none">-keep a low athletic stance-rotate the hips and torso when one arm punches across the body	25	4