



The 100 Challenge Workout

Exercise	Rest	Sets	Reps	Weight	Notes
Leg press	2:00	1	100		
Bench press	2:00	1	100		
V-bar mid row	2:00	1	100		
Machine shoulder press	2:00	1	100		
Barbell curl	2:00	1	100		
Triangle bar pushdown	2:00	1	100		