

Perform 3 rounds of the 3 exercises below and take 1 minute to rest between each round.
Do each exercise for 1 minute and keep track of your reps to log them during each rest period.

Week 1

| Exercise | Round 1 | Round 2 | Round 3 | Total Reps |
|----------|---------|---------|---------|------------|
| Squats | | | | |
| Push Ups | | | | |
| Sit Ups | | | | |

Week 2

| Exercise | Round 1 | Round 2 | Round 3 | Total Reps |
|----------|---------|---------|---------|------------|
| Squats | | | | |
| Push Ups | | | | |
| Sit Ups | | | | |

Week 3

| Exercise | Round 1 | Round 2 | Round 3 | Total Reps |
|----------|---------|---------|---------|------------|
| Squats | | | | |
| Push Ups | | | | |
| Sit Ups | | | | |

Challenge Totals

| Exercise | Round 1 | Round 2 | Round 3 | Total Reps |
|----------|---------|---------|---------|------------|
| Squats | | | | |
| Push Ups | | | | |
| Sit Ups | | | | |