

# WRP 90 DAY FITNESS CHALLENGE EXERCISES

## **No Equipment**

Crunches 15-20+ reps

Reverse Crunches 10-20+ reps

Hip Raises 15-20+ reps

2-3 Rounds

Push-ups 5 or more Reps

Squats 15-20 reps

Chair dips 10-20 reps

2-3 Rounds

Step Up or Lunge 10-20 reps

Plank 30-60 seconds

Swimmers or Supermans 10-20 reps

2-3 Rounds

## **Bands and Dumbbells**

Crunches 15-20+ reps

Reverse Crunches 10-20+ reps

Hip Raises 15-20 reps

2-3 Rounds

Band Bench Press 8 or more Reps

Squats 15-20 reps

Band Row 15-20 reps

2-3 Rounds

Bench/Chair Dips 10 or more reps

Dumbbell Curls 15-20 reps

Dumbbell Shoulder press 12-20 reps

2-3 Rounds

## **Cardio**

Walking , Biking, Elliptical, or Stairs 20-45 min 5 days a week  
Briskly move you want to generate some heat.

## **Gym Workouts**

Knees Up Crunch 15-20+ reps

Reverse Crunch 10-20+ reps

Crossed Leg Diagonal Crunch 15-20+ reps

Squat 15-20 reps

Dumbbell Bench Press 15-20 reps

Db Curls 15-20 reps

Side Lunges 15-20 reps

Laterals 15-20 reps

Dumbbell Overhead Tricep 15-20 reps

Hip Raises 15-20 reps

Cable Rows 15-20 reps

Hammer curls 15-20 reps

Shoulder Press 15-20 reps

Pulldown 15-20 reps

Tricep Rope Pushdowns 15-20 reps

Plank 30-60 seconds

Superwomans 15-20 reps