



# Muscle Mania Week 1 Challenge

## Muscles for 100

Do 10 each of the following 10 muscle strengthening exercises:

- 10 pushups
- 10 squats
- 10 crunches
- 10 inchworms
- 10 frog jumps
- 10 supermans
- 10 arm circles
- 10 star jumps
- 10 second plank
- 10 burpees

Got questions? Get answers at the Workout Wednesday Club or by emailing [KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)