

100 / 200 & 300 CLUBS – A FITNESS TEST BEYOND YOUR WILDEST DREAMS

100 CLUB – The road begins here to reach 3x this many reps in your near future. You will have to set some tough goals and demonstrate resilience, mental toughness and a never quit attitude to reach the 300 club. Good luck on your journey! Note – All exercises must be done in order and with no break in between.

- 10 pull-ups for males and 5 pull-ups for females
- 20 deadlifts at 135 pounds for males and 80 pounds for females
- 20 push-ups for males and females may be on their knees to do their push up's
- 20 box jumps with a 24-inch box for males and 25 box jumps for females with a 16 inch box
- 15 "floor wipers" (a core and shoulders exercise at 135 pounds for males and 65 pounds for females)
- 10 "clean and press" at 30 pounds for males & 10 pounds for females (a weight-lifting exercise using dumbbells)
- 5 more pull-ups -- for a total of 100 reps

200 CLUB – This is the middle of your journey to reach the 200 club – you need to keep on pushing and working to gain more and more strength

- 17 pull-ups for males and 7 pull-ups for females
- 35 deadlifts at 135 pounds for males and 80 pounds for females
- 35 push-ups for males and females may be on their knees to do their push up's
- 36 box jumps with a 24-inch box for males and 42 box jumps for females with a 16 inch box
- 37 "floor wipers" (a core and shoulders exercise at 135 pounds for males and 65 pounds for females)
- 37 "clean and press" at 30 pounds for males & 10 pounds for females (a weight-lifting exercise using dumbbells)
- 13 more pull-ups for males and 7 for females -- for a total of 200 reps

300 CLUB – This is a true test of your strength, performance and resilience. To complete a total of 300 repetitions means you have made it through all these different exercises in order, with NO REST in between – YOU ARE A FITNESS SPECIMEN

- 25 pull-ups for males and 10 pull-ups for females
- 50 deadlifts at 135 pounds for males and 80 pounds for females
- 50 push-ups for males and females may be on their knees to do their push up's
- 50 box jumps with a 24-inch box for males and 65 box jumps for females with a 16 inch box
- 50 "floor wipers" (a core and shoulders exercise at 135 pounds for males and 65 pounds for females)
- 50 "clean and press" at 30 pounds for males & 10 pounds for females (a weight-lifting exercise using dumbbells)
- 25 more pull-ups -- for a total of 300 reps