



TOM'S  
*Workout*  
FROM HOME

**HOW'S IT GOING?  
THIS IS TOM FROM  
MUSCLE UP & FIIT.  
I CHALLENGE YOU TO  
COMPLETE ONE OF MY  
WORKOUTS BELOW  
FROM HOME.**

Challenge 1:

Jumping jacks: 100 reps  
Burpees: 10 reps  
Power squats: 100 reps  
Burpees: 5 reps  
Push-ups: 100 reps  
Burpees: 10 reps  
Leg raises: 100 reps  
Burpees: 5 reps  
Walking lunges: 100 reps

Challenge 2:

Crab toe taps: 23 reps  
Shoulder press push-ups: 25 reps  
Balanced Turkish get-ups: 10 reps  
Quad ped 90° leg press: 25 reps (left leg)  
Quad ped 90° leg press: 25 reps (right leg)  
Standing knee checks: 20 reps  
Mount Everest climbers: 50 reps  
Rotating bicycle crunches: 50 reps

**CHALLENGE YOUR FRIENDS!  
SHARE THIS WORKOUT ON YOUR PAGE + TAG  
TWO OTHER PEOPLE TO STAY FIT!**

**CONTINUE YOUR  
FITNESS JOURNEY.**

