



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



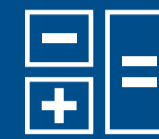
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THE TOUGHEST FITNESS CHALLENGE MOST LIFTERS CAN'T COMPLETE

Want to put your strength & endurance to the test? You're going to have to beat the clock to conquer this fitness challenge most lifters can't complete.

Link to Workout: <https://www.muscleandstrength.com/workouts/toughest-fitness-challenge>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 1 Week
Days Per Week: 3 Days

Time Per Workout: 20-60 Mins
Equipment: Barbell, Bodyweight
Author: Roger "Rock" Lockridge

Toughest Challenge: Birthday Bodyweight Workout

Exercise	Sets	Reps
Pull Ups	AMAN	Total Reps Equal to Age
Dips	AMAN	Total Reps Equal to Age
Squat	AMAN	Total Reps Equal to Age
Flat Barbell Bench Press	AMAN	Total Reps Equal to Age
Deadlift	AMAN	Total Reps Equal to Age
Jogging	1	Until Time Expires

Complete this workout using your age as the time limit. Perform all 5 exercises for the number of reps equal to your age, using the weight equivalent of your bodyweight (or half-bodyweight for women who feel it necessary). After completing the 5 exercises, use the remaining time to run. AMAN: As Many As Necessary.