THE BIG 300

10 MOVES
30 REPS EACH
ONE NUMBER

SANDBAG. DUMBBELL. BARBELL.

NO.	MOVE	REPS	RUNNING TOTAL
01	SQUATS	x30	30
02	LUNGES	x30	60
03	DEADLIFT	x30	90
04	BENCH PRESS	x30	120
05	TRICEPS EXTENSIONS	x30	150
06	BENT-OVER ROW	x30	180
07	BICEP CURLS	x30	210
08	MILITARY PRESS	x30	240
09	UPRIGHT ROWS	x30	270
10	SHRUGS THE FINISHER	x30	300

Complete all 30 reps before moving on. Rest as needed. Pick a weight you can own for every rep, then finish the count.

EARN THE 300