

100 REP BODYWEIGHT WORKOUT TO GET STRONG AND SCULPTED

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- **Day 1:** 100 Air Squats (Moderate Intensity)
- **Day 2:** 100 Push-ups (Moderate Intensity)
- **Day 3:** 100 Reverse Crunches (Low Intensity)
- **Day 4:** 100 Superman Fly (Low Intensity)
- **Day 5:** 100 **Lunge to Knee Drive** (50 reps per leg at low intensity)
- **Day 6:** 100 Decline Push-ups (Low Intensity)
- **Day 7:** 100 **Alternating Heel Tap Crunches** (50 reps on each side at moderate pace)
- **Day 8:** 100 Lying IYT Raises (Low Intensity)
- **Day 9:** 100 Lateral Lunges (50 reps per leg at light intensity)
- **Day 10:** 100 Bench Dips (Low Intensity)
- **Day 11:** 100 **Plank Ankle Taps** (50 reps on each side at high intensity)
- **Day 12:** 100 Bodyweight Renegade Rows (50 reps per side at low intensity)
- **Day 13:** 100 Standing Calf Raises w/ Wall Support (Low Intensity)
- **Day 14:** 100 Archer Push-ups (50 reps per side at Low Intensity)
- **Day 15:** 100 **Tuck Jumps** (High Intensity)
- **Day 16:** 100 Superman Pull (Low Intensity)
- **Day 17:** 100 Curtsy Lunges (Moderate Intensity)
- **Day 18:** 100 Pike Push-ups (Low Intensity)

- **Day 19:** 100 **High Plank Cross Knee Taps** (50 reps on each side at Medium Intensity)
- **Day 20:** 100 Lying IYT Raises (Low Intensity)
- **Day 21:** 100 Glute Kickback (50 reps per side at light pace)
- **Day 22:** 100 Close Grip Push-ups (Moderate Intensity)
- **Day 23:** 100 **Bird Dog Raises** (Low Intensity)
- **Day 24:** 100 Renegade Rows (Low Intensity)
- **Day 25:** 100 Bodyweight Single-leg Romanian Deadlift (50 reps per leg at low intensity)
- **Day 26:** 100 **Bodyweight Lateral Raises** (50 reps on each side at low intensity)
- **Day 27:** 100 Explosive Push-ups (High Intensity)
- **Day 28:** 100 Pop Squats (High Intensity)
- **Day 29:** 100 Side Plank Hip Taps (50 reps per side at moderate pace)
- **Day 30:** 100 Burpees (High Intensity)