

100 Rep Bodyweight Workout: 30-Day Challenge to Level Up Your Fitness

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Full URL: <https://thefitnessphantom.com/100-rep-bodyweight-workout-routine-with-pdf>

Day 1 – Legs

Exercise	Remarks
30 Squat Jacks	Build endurance
20 Lateral Squats (10 per side)	Train adductors and outer quads
20 Reverse Lunges (10 per leg)	Strengthen thigh and glutes
20 Asian Squats	Targets the entire lower body and improves mobility.
10 Iso Squat (10-second/rep)	Build muscular endurance

Rest for 30 seconds to 1 minute after each exercise.

Day 2 – Push-ups

Exercise	Remarks
20 Incline Push-ups	Train the chest, suitable for all
20 Standard Push-ups	Strengthen the pectoral muscles
20 Diamond Push-ups	Activate triceps and inner chest
20 Archer Push-ups (10/side)	Target the shoulders and chest
20 Decline Push-ups	Hit the upper chest and front deltoids

Rest for 30–45 seconds between exercises.

Day 3 – Abs

Exercise	Remarks
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20 Reverse Crunches	Bring your knees toward your chest. Hit the lower abs.
30 Alternating Heel Taps (15/side)	Tap your heels alternatively to engage your obliques.
20 Sit-ups	Lift your shoulder only, not your entire torso.
10 Leg Raises	Strengthen lower and deepest abdominal muscles.
20 Spider Crunch (10/side)	Bring your knee to the same side of your elbow in a forearm or straight-arm plank. It strengthens the side abs.

Rest for 45–60 seconds between exercises.

Day 4 – Back

Exercise	Remarks
30 Lying IYT Raises	Target the trapezius or traps and improve posture.
30 Superman Row	Lift your arms off the floor and drive your elbows to your sides to engage the lats and lower back.
20 Inverted Rows	Train the upper back and build a strong upper body.
20 Push-up Plus	It is an easy and effective exercise to activate back muscles.

Day 5 – Glutes

Exercise	Remarks
20 Single-Leg Bridge (10 per side)	Enhance glute strength & improve posterior chain flexibility.
20 Prone Frog Lift	Lie prone on the floor and lift your thighs to engage the booty.
20 Glute Kickbacks (10 per side)	Isolate the glutes and build a well-shaped backside.
20 Frog Pumps (10 per side)	Activate the glutes maximus and minimus from a different angle.
20 Long Lever Bridge Marching	Keep the glutes and core under constant tension and develop the lower body.

Day 6 – Arms & Calves

Exercise	Remarks
20 Triceps Push-up	It is also known as sphinx push-ups. It builds strong triceps without equipment.
30 Bench Dips	Sculpt your triceps and build chiseled arms.

50 One-leg Calf Raises (25/side)	Train your gastrocnemius and build athletic lower legs.
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Day 7 – Chest

Exercise	Remarks
30 Incline Push-ups	Target the lower to middle areas of the pectoralis major.
30 Standard Push-ups	Develop the chest and improve upper body endurance.
20 Archer Push-ups (10/side)	It is an advanced push-up that targets the chest & triceps.
20 Decline Push-ups	Hit the upper chest and front deltoids

Day 8 – Back

Exercise	Remarks
30 Lying IYT Raises	Lie prone on the floor and lift your arms in front, diagonally, and out.
30 Superman Row	Lie prone and pull your arms at your sides.
20 Inverted Rows	Get under the bar with your hands shoulder-width apart, arms straight, and pull your chest toward the bar.
20 Renegade Rows (10 reps/side)	Strengthen abs, arm, and back and improve balance.

Day 9 – Thighs

Exercise	Remarks
20 Squat Jumps	Improve endurance and lower body fitness.
20 Jumping Lunges (10 per side)	Develop explosiveness and strengthen legs.
20 Bulgarian Squat (10 per leg)	Bolster legs and glutes and improve hip mobility.
20 Plie Squats	Train the adductors and outer quads.
20 Curtsy Lunges (10-second/rep)	Increase stability and leg strength.

Day 10 – Abs

Exercise	Remarks
40 Plank Cross Knee Taps (20 reps/side)	Tap your right knee with your left hand and vice versa.

40 Side Plank Hip Taps (10 reps/side)	Take your hips up and down in a side plank.
20 Pulse Ups	Lie on your back, legs straight up towards the ceiling. Lift your hips off the floor, pushing your feet towards the ceiling.

Day 11 – Shoulders

Exercise	Remarks
30 Pike Push-ups (3 sets of 10)	Strengthen shoulders and improve core stability
40 Lateral Raises (10 reps/side)	Train medial deltoids, forearms, and abdominals.
30 Scapula Push-ups (3 sets of 10)	Improve shoulder health, mobility, and strength.

Day 12 – Chest & Triceps

Exercise	Remarks
20 Incline Push-ups	Train the chest, suitable for all
40 Standard Push-ups	Bolster the pecs and build an athletic torso.
20 Diamond Push-ups	Activate triceps and inner chest
20 Sphinx Push-ups	Isolate all three triceps heads.

Day 13 – Back

Exercise	Remarks
30 Lying IYT Raises	Engages the trapezius, rhomboids, and infraspinatus.
30 Superman Row	Train your lats and help improve posture.
20 Inverted Rows	Engage the upper back and enhance definition.
20 Renegade Rows (10/side)	Develop upper body strength and mobility.

Day 14 – Thighs

Exercise	Remarks
20 Lunge to Knee Drive (10 reps/leg)	Improve endurance and lower body fitness.
20 Single-Leg Bridge (10 per side)	Build strong glute muscles and develop balance.
20 Single Leg Deadlift (10 per side)	It improves balance, flexibility, and posture
40 Standing Calf Raises (20/side)	Strengthen calves and enhance ankle mobility.

Day 15 – Abs

Exercise	Remarks
25 Sit-ups	Bolster your abdominal muscles and promote muscular endurance.
25 Reverse Crunches	Target the lower rectus abdominis and build balanced and defined abs.
50 Alternating Heel Taps (25/side)	Strengthen the midsection and improve spinal stability.

Day 16 – Legs

Exercise	Remarks
30 Squat Jacks	Build endurance
20 Lateral Squats (10 per side)	Train adductors and outer quads
20 Reverse Lunges (10 per leg)	Strengthen thigh and glutes
20 Asian Squats	Train the entire lower body and improve mobility.
10 Iso Squat (10-second/rep)	Build muscular endurance

Rest for 30 seconds to 1 minute after each exercise.

Day 17 – Push-ups

Exercise	Remarks
20 Incline Push-ups	Train the chest, suitable for all
20 Standard Push-ups	Strengthen the pectoral muscles
20 Diamond Push-ups	Activate triceps and inner chest
20 Archer Push-ups (10/side)	Target the shoulders and chest
20 Decline Push-ups	Hit the upper chest and front deltoids

Day 18 – Abs

Exercise	Remarks
20 Reverse Crunches	Bring your knees toward your chest. Hit the lower abs.
30 Alternating Heel Taps (15/side)	Tap your heels alternatively to engage your obliques.

20 Sit-ups	Lift your shoulder only, not your entire torso.
10 Leg Raises	Strengthen lower and deepest abdominal muscles.
20 Spider Crunch (10/side)	Bring your knee to the same side of your elbow in a forearm or straight-arm plank. It strengthens the side abs.

Rest for 45–60 seconds between exercises.

Day 19 – Back

Exercise	Remarks
30 Lying IYT Raises	Target the trapezius or traps and improve posture.
30 Superman Row	Lift your arms off the floor and drive your elbows to your sides to engage the lats and lower back.
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20 Push-up Plus	It is an easy and effective exercise to activate back muscles.

Day 20 – Glutes

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Exercise	Remarks
20 Triceps Push-up	It is also known as sphinx push-ups. It builds strong triceps without equipment.
30 Bench Dips	Sculpt your triceps and build chiseled arms.

50 One-leg Calf Raises (25/side)	Train your gastrocnemius and build athletic lower legs.
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Day 22 – Chest

Exercise	Remarks
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30 Standard Push-ups	Develop the chest and improve upper body endurance.
20 Archer Push-ups (10/side)	It is an advanced push-up that targets the chest & triceps.
20 Decline Push-ups	Hit the upper chest and front deltoids

Day 23 – Back

Exercise	Remarks
30 Lying IYT Raises	Lie prone on the floor and lift your arms in front, diagonally, and out.
30 Superman Row	Lie prone and pull your arms at your sides.
20 Inverted Rows	Get under the bar with your hands shoulder-width apart, arms straight, and pull your chest toward the bar.
20 Renegade Rows (10 reps/side)	Strengthen abs, arm, and back and improve balance.

Day 24 – Thighs

Exercise	Remarks
20 Squat Jumps	Improve endurance and lower body fitness.
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20 Bulgarian Squat (10 per leg)	Bolster legs and glutes and improve hip mobility.
20 Plie Squats	Train the adductors and outed quads.
20 Curtsy Lunges (10-second/rep)	Increase stability and leg strength.

Day 25 – Abs

Exercise	Remarks
40 Plank Cross Knee Taps (20 reps/side)	Tap your right knee with your left hand and vice versa.

40 Side Plank Hip Taps (10 reps/side)	Take your hips up and down in a side plank.
20 Pulse Ups	Lie on your back, legs straight up towards the ceiling. Lift your hips off the floor, pushing your feet towards the ceiling.

Day 26 – Shoulders

Exercise	Remarks
30 Pike Push-ups (3 sets of 10)	Strengthen shoulders and improve core stability
40 Lateral Raises (10 reps/side)	Train medial deltoids, forearms, and abdominals.
30 Scapula Push-ups (3 sets of 10)	Improve shoulder health, mobility, and strength.

Day 27 – Chest & Triceps

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20 Incline Push-ups	Train the chest, suitable for all
40 Standard Push-ups	Bolster the pecs and build an athletic torso.
20 Diamond Push-ups	Activate triceps and inner chest
20 Sphinx Push-ups	Isolate all three triceps heads.

Day 28 – Back

Exercise	Remarks
30 Lying IYT Raises	Engages the trapezius, rhomboids, and infraspinatus.
30 Superman Row	Train your lats and help improve posture.
20 Inverted Rows	Engage the upper back and enhance definition.
20 Renegade Rows (10/side)	Develop upper body strength and mobility.

Day 29 – Thighs

Exercise	Remarks
20 Lunge to Knee Drive (10 reps/leg)	Improve endurance and lower body fitness.
20 Single-Leg Bridge (10 per side)	Build strong glute muscles and develop balance.

20 Single Leg Deadlift (10 per side)	It improves balance, flexibility, and posture
40 Standing Calf Raises (20/side)	Strengthen calves and enhance ankle mobility.

Day 30 – Abs

Exercise	Remarks
25 Sit-ups	Bolster your abdominal muscles and promote muscular endurance.
25 Reverse Crunches	Target the lower rectus abdominis and build balanced and defined abs.
50 Alternating Heel Taps (25/side)	Strengthen the midsection and improve spinal stability.

The Takeaway

- You can also replace any exercise outline above with your favorite ones.
- Train at your own pace and try to complete all 100 reps. It will take 5 minutes on some days, but on other days, it can take up to 20.
- Push yourself a little every day to constantly enhance your overall fitness.
- I recommend taking a day off between workouts when you feel sick.
- You can train at any time of the day but stay consistent. I suggest doing it early in the day.
- Consume an [low-calorie meal plan](#) if you want to lose weight and a higher macros diet if you want to gain weight. Consistent training and a nutritious diet are key to achieving the best outcome over time.

- Once you complete this 100 reps 30-day challenge, I recommend including [resistance band exercises](#) in your workout to further stimulate your strength and muscle gain.

Helpful Resources:

1. [70 Best **Bodyweight** Cardio Exercises](#)
2. [The 20 Best **Bodyweight** Exercise](#)
3. [20 Types of **Bodyweight** Squats](#)
4. [13 Best **Bodyweight** Exercises for Back](#)
5. [8 Best **Bodyweight** Hamstring Exercises](#)
6. [5 Best **Bodyweight** Lat Exercises at Home](#)
7. [13 Best **Bodyweight** Push Exercises](#)
8. [10 Best **Bodyweight** Shoulder Exercises](#)
9. [15 Best **Bodyweight** Pull Exercises](#)