

This week I propose a 500 rep challenge consisting of 5 exercises (100 reps each) in as few sets and with as little rest as possible. These exercises include squats, push-ups, v-ups, plank-ups, and bicycle crunches.

**Squats:**

- Keep your feet at shoulder width apart and pointed straight ahead.
- When squatting, your hips will move down and back.
- Your lumbar curve should be maintained, and your heels should stay flat on the floor the entire time.
- In air squats, your hips will descend lower than your knees.

**Push-Ups:**

- Assume a plank position with your hands on the floor so that they're slightly wider than your shoulders.
- Lower your body until your chest nearly touches the floor. Pause at the bottom, and then push yourself back to the starting position.

**V-Ups:**

- Lie flat on a mat with arms stretched above your head and legs straight.
- Pivot at the waist bringing both the body and the legs up equally.
- Touch your fingers to your toes and return to the starting position.

**Plank-Ups:**

- Begin in a full plank. Lower your right elbow to the mat and then your left, coming into an elbow plank.
- Put your right hand on the mat, and straighten your right elbow. Do the same on the left to return to a full plank.

**Bicycle Crunches:**

- For beginners, press your feet into the floor or extend them straight out as you get a feel for the movement.
- Breathe steadily and deeply. Exhale with each twist, and inhale to return to the center.
- As you twist, keep your arms parallel to the floor or reach down to tap the floor beside you.
- Engage your abdominal and back muscles throughout the exercise.
- For more stability, cross your lower legs.
- Maintain a straight spine, and avoid slouching or rounding your spine.
- Allow your gaze to follow the movement of your hands.