

the 300 rep total body workout

The circuit consists of 4 exercises that alternate between pull and push focuses, yet all require your entire body to be engaged. You won't need much equipment - just a chin-up bar, your bodyweight and a barbell. If you'd like to do the chin-ups assisted, you can use a thick band looped around your foot, or modify to face-up ring rows or TRX rows.

Set a timer and do the circuit 6 times through, resting only as needed. See how quickly you can complete the full 300 reps (with proper form, of course) and re-test again as you develop fitness to see if you can do it faster.

6 rounds for 300 reps total:



5 chin ups (banded if needed)

10 decline push-ups

15 bent-over rows (overhand grip)

20 air squats

continue for all 6 rounds, resting only as needed