

225-lb CHALLENGE

Warm-Up:

Prioritize warming up your muscles and joints, particularly focusing on the muscles you'll engage during either the squat or bench press. This could include bodyweight squats, arm circles, or dynamic stretching for the shoulders and hips.

Main Workout:

1. Choose Your Exercise: Squat or Bench Press

- Select either the squat or bench press based on your preference and equipment availability.

2. Set the Timer for 30 Minutes

- Load a barbell with 225 pounds (adjust weight if necessary) for the chosen exercise.

3. As Many Reps as Possible

- Start the timer and begin performing as many reps as possible of your chosen exercise within the 30-minute time frame.
- Maintain proper form and technique throughout to prevent injury.

4. Aim for at Least 100 Reps

- The goal is to complete at least 100 reps within the 30 minutes. If 225 pounds is too heavy to achieve this goal, use a weight that allows you to perform around 10 reps initially.

Cooldown:

After the workout, take some time to cool down with light stretching for the muscles involved in the exercise performed.

Schedule:

This workout can be done once a week or integrated into your training routine. It's an intense challenge, so ensure adequate rest and recovery between sessions to prevent overtraining and allow your muscles to recuperate.

Progression:

Gradually aim to increase the number of reps performed within the 30-minute time frame or, if using a lighter weight, work towards using the 225 pounds as you build strength and endurance.

Important Note:

It's crucial to prioritize safety and proper form over the number of reps. If the weight feels too heavy or if you experience discomfort or pain, reduce the weight or stop the exercise to prevent injury.

This workout is a significant challenge, so listen to your body and adjust the weight or intensity accordingly. Consistent training and incremental progress will

help you achieve your goals while minimizing the risk of injury.