

# Bulk: The 301 Fitness Test

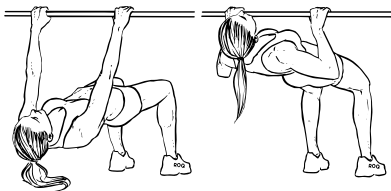
16 min · Abs, Back, Chest, Legs, Shoulders

JG

Jane G.

This session includes a total of 301 reps and these are to be completed as fast as you can. Set up your equipment before starting your timer and bashing this one out! On every exercise there are instructions available if you need them.

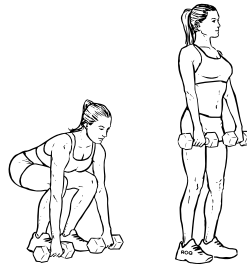
## Inverted Rows



25 reps

Get that chest all the way up! Check out the instructions if you need to.

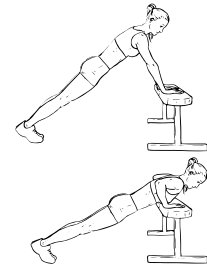
## Dumbbell Deadlifts



50 reps 20 kg

20 kg per hand is a suggestion. Back straight, chin up!

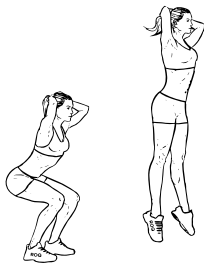
## Incline Push-ups



50 reps

These should be easy for you by now!

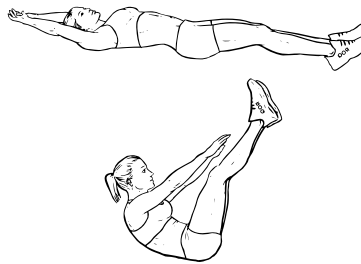
## Jump Squats



50 reps

Okay, these are a little tougher.

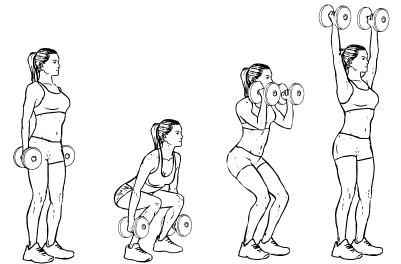
## Jackknife Sit-up



50 reps

Touch your toes with every rep if you can!

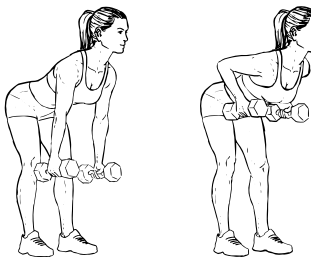
## Dumbbell Squat Clean and Press



50 reps 12 kg

12kg per hand is a suggestion.

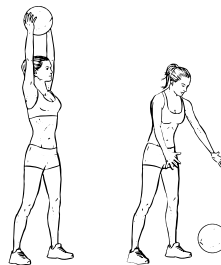
## Standing Two-Armed Bent Over Dumbbell Rows



25 reps 8 kg

Go for 8kg per hand (this is a suggestion, go for one that works for you)Keep the back straight and those elbows in

## Medicine Ball Slams



1 reps 7.5 kg

That final slam makes it 301! Stop your watch, how did you do?