Chip Away Challenge 2019

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| 1000  Full Situps |  |  |  |  |  |  |  |  |  |
| 1000 Jump Squats |  |  |  |  |  |  |  |  |  |
| 1000 Pushup Knee Tuck |  |  |  |  |  |  |  |  |  |
| 1000 Side plank Hip Bumps |  |  |  |  |  |  |  |  |  |
| 500 Belly Flop Burpees |  |  |  |  |  |  |  |  |  |
| 1000 Walking Lunge Bi-Curl |  |  |  |  |  |  |  |  |  |
| 500 Cross Pikes |  |  |  |  |  |  |  |  |  |
| 250 Tricep Kickback from Plank |  |  |  |  |  |  |  |  |  |
| 5000 Jump Rope |  |  |  |  |  |  |  |  |  |
| 1000 Reverse Crunch |  |  |  |  |  |  |  |  |  |