

~ 6 FREE Challenge Workouts ~
Jeremy Scott Fitness



Welcome and thank you for downloading our Fitness Workout Challenge series. We have dropped 6 quick, intense, challenging training sessions on you to test your physical and mental toughness.

Like with any workout or training session we always say "CHASE QUALITY NOT THE CLOCK" I would rather have you complete 2 high quality perfectly done reps than 20 shitty half-ass attempts. The name of the game is quality with speed, don't cheat yourself - whatever your 100% looks like give it and please feel free to share your results with us via social media on Facebook, twitter or instagram @ Jeremy Scott Fitness.

Without further delay here are your 6 FREE Fitness Challenge workouts!

P.S. - if you are serious about making a change in your physical body, your nutrition habits, your overall mental toughness and productivity [CLICK HERE](#) to enter our 47 Day Transformation Challenge - trust me its changed thousands of lives - see if you have what it takes [by CLICKING HERE](#) & let us help you start making success mandatory in all areas of your life today!

Challenge Video #1 - [CLICK FOR VIDEO](#)

Bodyweight Burner -

**2 Minutes of work as many rounds as you can get in
inside 2 minutes.**

Rest for 1 minute repeat for 10 total rounds.

5 Tuck Jumps

10 Skater Hops

10 Plank Speed Touches

Challenge Workout #2 - [CLICK HERE FOR VIDEO](#)

The 3:60

60 Splits Squat Each Leg - R- L

60 Burpees

60 Predator Jacks

Complete all 60 in consecutive fashion and track for time.

Challenge Workout #3 - [CLICK HERE FOR VIDEO](#)

Lungs to Lunges - Lower Body Blast

1-Minute Walking Lunges

1-Minute Lateral Shuffles

1 -Minute Skipping

Rests for 1 Minute repeat the pattern for 5 total cycles

Challenge Workout #4 - [CLICK HERE FOR VIDEO](#)

The Made Minute Workout

5 Push Ups

10 Squats

15 Jumping Jacks

Complete all within 1 minute - repeat for 20 total minutes or until you can no longer complete the set within 1 minute

Challenge Workout #5 - [CLICK HERE FOR VIDEO](#)

1000 Reps for Fun Workout

10 Reps per exercise cycled through for 10 total rounds

Workout done for time with no-minimal breaks as needed

Push Ups 10 Reps

DB Rows 10 Reps

Squats 10 Reps

DB Shoulder Press 10 Reps

Burpees 10 Reps

DB Double Arm Curls 10 Reps

Seal Jacks 10 Reps

Elevated Split Squat L- 10 Reps

Elevated Split Squat R- 10 Reps

Box Jumps 10 Reps

Challenge Workout #6 - [CLICK FOR VIDEO](#)

5 X 5 X 5 - EMOM Challenge

5 Pull Ups

5 Squat Jumps

5 Push Ups or Plyo Pushups for advanced levels

Repeat for as many minutes as possible until you can no longer complete all 5-5-5 (15 reps) within the 60-second time frame.

Have fun and until next time eat well, train hard & be nice to people!

For more bad ass workouts & much more checkout the www.47daytransformation.com - presented by Jeremy Scott Fitness.