Tape this up - tape a pen on a string
cross off a box each time you complete 25
How many can you cross off this week? All boxes = 1000 squats and 1000 push ups

25 squats	25 squats	25 squats	25 squats	25 push ups	25 push ups	25 push ups	25 push ups
25 squats	25 squats	25 squats	25 squats	25 push ups	25 push ups	25 push ups	25 push ups
25 squats	25 squats	25 squats	25 squats	25 push ups	25 push ups	25 push ups	25 push ups
25 squats	25 squats	25 squats	25 squats	25 push ups	25 push ups	25 push ups	25 push ups
25 squats	25 squats	25 squats	25 squats	25 push ups	25 push ups	25 push ups	25 push ups
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25 squats	25 squats	25 squats	25 squats	25 push ups	25 push ups	25 push ups	25 push ups