

# 1776 REPS. TEAM EFFORT FOR TIME.

Pick your teammates - As many as you want to crush 1776 reps.

**100** Forward Lunges (50 each leg)

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**100** 100-Yard Bear Crawl (300 ft.)

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**100** Tricep Dips (body weight)

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**100** Straight Leg Raises

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**100** 100-second Plank Hold

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**100** Side Straddle Hop (Jumping Jacks)

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**100** Air Squats (body weight)

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**100** 100-Yard Crab Walk (300 ft.)

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**100** Pushups (any type)

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**100** 100-second Side plank Hold  
(50 accumulated on each side)

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**100** Skier Jacks

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**100** 100-second Wall Sit

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**100** Weighted Object Overhead Press

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**100** Sit Ups / Crunches

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**100** Mountain Climbers

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**100** Alternating Step-ups (20")

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**100** Alternating Bird Dogs

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**76** Burpees

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## 1776 TOTAL REPS



# 1776

## GAUNTLET