

# BARE



# 1000 REP CHALLENGE

(plus a free post-workout smoothie recipe)

## 1000 REP CHALLENGE FULL BODY

Complete each exercise for the specified number of reps. You can change the order of the exercises to best suit you and complete as many reps at one time as you would like. For example, you could do 20 commandos, 10 push-ups, etc until all reps have been completed.

Bulgarian Lunge	60 reps (30 each leg)
Sumo Squat	50 reps
Ab Bikes	100 reps
Dead Bug	40 reps
Hip Dips	50 reps
Bicep Curls	40 reps
Tricep Circles	40 reps
Shoulder Press	40 reps
Bent Over Row	40 reps
Shoulder Taps	40 reps
Skipping	200 reps
Squat and Press	40 reps
Single Leg Glute Bridge	60 reps (30 each leg)
Mountain Climbers	100 reps
In and Out Jump Squat	50 reps
Russian Twists	50 reps

# Birthday Cake Smoothie

Snack



2 min



395

kcal

19g

Protein

31g

Carbs

9g

Fat

1

Servings



## Ingredients

- 3 tbsp rolled oats
- 25g protein powder, vanilla or neutral
- 180 ml almond milk
- 1 tsp sprinkles
- 1 frozen regular banana
- 2 tsp almond butter
- ½ tsp vanilla extract



## Method

1. Add rolled oats to a blender and blend to a powder consistency. Add all ingredients and blend until smooth.

# BARE

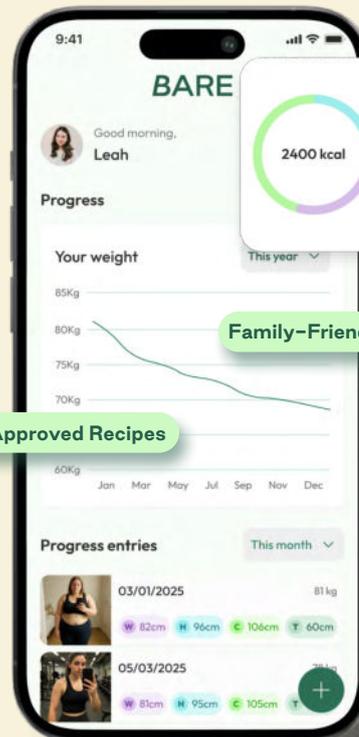
# 1000 REP CHALLENGE

## BARE App launching soon



Personalised Meal Plans

Tailored to your Goals



Family-Friendly & Delicious

Dietitian-Approved Recipes

The **BARE App** is your daily nutrition partner. **No overwhelm, no guesswork** — just real food that supports your body and fits your life.

Be the first to know when we go live, and our exclusive launch offer.

We can't wait to see you inside.

Be the first to know

