**Down-Up Rep Chart**

Partner A completes round 1 while Partner B rests.

Then, Partner B completes round 1 while Partner A rests.

As soon as you both complete round 1, move to round 2.

Continue until you both complete all 9 rounds.

|  |  |
| --- | --- |
| Round 1: **10 Reps** | Marching Jacks [[Video Link](https://darebee.com/exercises/march-jacks.html)] |
| Round 2: **8 Reps** | Calf Raises [[Video Link](https://darebee.com/exercises/calf-raises.html)] |
| Round 3: **6 Reps** | Climber Taps [[Video Link](https://darebee.com/exercises/climber-taps-exercise.html)] |
| Round 4: **4 Reps** | Stacked Push-Ups [[Video Link](https://darebee.com/exercises/stacked-push-ups.html)] |
| Round 5: **2 Reps** | Burpees with a Push-Up [[Video Link](https://darebee.com/exercises/burpees-with-push-up.html)] |
| Round 6: **4 Reps** | Stacked Push-Ups [[Video Link](https://darebee.com/exercises/stacked-push-ups.html)] |
| Round 7: **6 Reps** | Climber Taps [[Video Link](https://darebee.com/exercises/climber-taps-exercise.html)] |
| Round 8: **8 Reps** | Calf Raises [[Video Link](https://darebee.com/exercises/calf-raises.html)] |
| Round 9: **10 Reps** | Marching Jacks [[Video Link](https://darebee.com/exercises/march-jacks.html)] |

**Rep** (noun): A single exercise performance within a set of exercise repetitions.

