Lift A TON 2017 1 TON

For the month of October I'd like to see which students could "lift a ton" everyday. Here's how it works…

- Students weigh themselves
- A regular push up is really moving approximately 60% of a persons body weight SO…. students mathematically figure out what 60% of their body weight is.
- Then mathematically figure out how many push ups it would take to lift a ton.

Example: Bobby weighs 100 pounds. 60% of 100 is 60 pounds. 1 ton equals 2000 pounds. Bobby would have to perform 34 push ups in order to move a ton.   (2000/60= 33.33)

Now, back to the challenge! Each day, students will perform push ups to practice and hopefully work their way up to lifting a ton. The hope is, by the end of the month of October, students will be able to perform those push ups in one set unbroken **or** broken into sets of smaller more managable sets of 5,7, or 10 push ups at a time. If you are already strong...go for 2 tons of weight per day! Good luck and keep track of your daily push ups on the October calendar below. Write down how many total push ups are performed each day. How many tons can you lift for each week. THEN..total the total tons for the month?   If unable to perform regular push ups switch to modified (knee push ups) but change the 60% to 40%.

Body Weight   _____

Multiply Body Weight by .6 = 60% of body weight _____

How many push ups a day? Divide 2000 (2000 lbs. = 1 ton) by your 60% number and that will give you your magic number each day. Round up to the next number please.

Magic Number   _____

"LITTLE THINGS MAKE BIG THINGS HAPPEN."
- Tony Dorsett, NFL Hall of Fame running back

LIFT A TON CHALLENGE

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Please fill in the number of push ups completed each day and the total amout of weight for each week.

Parent Signature _____

Turn in to Mr. Bentley at the end of October (FITober).