

# PUSH-UP CHALLENGE

| DAY 1        | DAY 2        | DAY 3        | DAY 4                                                                                                                                                                                                                                | DAY 5         | DAY 6         | DAY 7  |
|--------------|--------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------|--------|
| 1/2 PUSH-UPS | 2/4 PUSH-UPS | 3/6 PUSH-UPS | 4/8 PUSH-UPS                                                                                                                                                                                                                         | 5/10 PUSH-UPS | 6/12 PUSH-UPS | 7/14   |
|              |              |              |                                                                                                                                                                                                                                      |               |               |        |
| DAY 8        | DAY 9        | DAY 10       | DAY 11                                                                                                                                                                                                                               | DAY 12        | DAY 13        | DAY 14 |
| 8/16         | 9/18         | 10/20        | 11/21                                                                                                                                                                                                                                | 12/24         | 13/26         | 14/28  |
|              |              |              |                                                                                                                                                                                                                                      |               |               |        |
| DAY 15       | DAY 16       | DAY 17       | DAY 18                                                                                                                                                                                                                               | DAY 19        | DAY 20        | DAY 21 |
| 15/30        | 16/32        | 17/34        | 18/36                                                                                                                                                                                                                                | 19/38         | 20/40         | 21/42  |
|              |              |              |                                                                                                                                                                                                                                      |               |               |        |
| DAY 22       | DAY 23       | DAY 24       | DAY 25                                                                                                                                                                                                                               | DAY 26        | DAY 27        | DAY 28 |
| 22/44        | 23/46        | 24/38        | 25/50                                                                                                                                                                                                                                | 26/52         | 27/54         | 28/52  |
|              |              |              |                                                                                                                                                                                                                                      |               |               |        |
| DAY 30       | DAY 31       |              | <div> <div>PUSH-UP</div>  <div>MODIFIED PUSH-UP</div>  </div> |               |               |        |
| 30/60        | 31/32        |              |                                                                                                                                                                                                                                      |               |               |        |

# DIRECTIONS FOR THE BURPEE CHALLENGE



FOLLOW THE CALENDAR AND DO YOUR BURPEES EVERY DAY  
ADD A PUSH-UP OR NO PUSH-UP  
WALK OUT OR JUMP OUT, WALK IN OR JUMP IN

GET SOMEONE IN YOUR HOUSE TO JOIN YOU IN THE CHALLENGE!!

TRY YOUR BEST AND ENJOY THE CHALLENGE



# BURPEE CHALLENGE WITH OR WITHOUT PUSH-UP

| DAY 1      | DAY 2      | DAY 3        | DAY 4        | DAY 5         | DAY 6         | DAY 7         |
|------------|------------|--------------|--------------|---------------|---------------|---------------|
| 1/2 BURPEE | 2/4 BURPEE | 3/6 PUSH-UPS | 4/8 PUSH-UPS | 5/10 PUSH-UPS | 6/12 PUSH-UPS | 7/14 PUSH-UPS |
|            |            |              |              |               |               |               |
| DAY 8      | DAY 9      | DAY 10       | DAY 11       | DAY 12        | DAY 13        | DAY 14        |
| 8/16       | 9/18       | 10/20        | 11/21        | 12/24         | 13/26         | 14/28         |
|            |            |              |              |               |               |               |
| DAY 15     | DAY 16     | DAY 17       | DAY 18       | DAY 19        | DAY 20        | DAY 21        |
| 15/30      | 16/32      | 17/34        | 18/36        | 19/38         | 20/40         | 21/42         |
|            |            |              |              |               |               |               |
| DAY 22     | DAY 23     | DAY 24       | DAY 25       | DAY 26        | DAY 27        | DAY 28        |
| 22/44      | 23/46      | 24/38        | 25/50        | 26/52         | 27/54         | 28/56         |
|            |            |              |              |               |               |               |
|            |            |              |              |               |               |               |
|            |            |              |              |               |               |               |

# DIRECTIONS FOR THE HOVER CHALLENGE



PICK YOUR MINUTES  
3 MINUTES OR 5 MINUTES

FOLLOW THE CALENDAR AND DO YOUR HOVERS EVERY DAY

GET SOMEONE IN YOUR HOUSE TO JOIN YOU IN THE CHALLENGE!!

TRY YOUR BEST AND ENJOY THE CHALLENGE

# 3 MINUTE HOVER- SEPTEMBER



| SUNDAY     | MONDAY               | TUESDAY              | WEDNESDAY            | THURSDAY             | FRIDAY                                                                              | SATURDAY             |
|------------|----------------------|----------------------|----------------------|----------------------|-------------------------------------------------------------------------------------|----------------------|
|            |                      |                      | 1<br>20 SECOND HOVER | 2<br>30 SECOND HOVER | 3<br>30 SECOND HOVER                                                                | 4<br>40 SECOND HOVER |
| 5<br>REST  | 6<br>40 SECOND HOVER | 7<br>45 SECOND HOVER | 8<br>45 SECOND HOVER | 9<br>50 SECOND HOVER | 10<br>1 MINUTE                                                                      | 11<br>1 MIN 10 SEC   |
| 12<br>REST | 13<br>1 MIN 15 SEC   | 14<br>1 MIN 20 SEC   | 15<br>1 MIN 25 SEC   | 16<br>1 MIN 30 SEC   | 17<br>1 MIN 35 SEC                                                                  | 18<br>1 MIN 40 SEC   |
| 19<br>REST | 20<br>1 MIN 45 SEC   | 21<br>1 MIN 50 SEC   | 22<br>2 MIN          | 23<br>2 MIN 10 SEC   | 24<br>2 MIN 20 SEC                                                                  | 25<br>REST           |
| 26<br>REST | 27<br>2 MIN 30 SEC   | 28<br>2 MIN 40 SEC   | 29<br>2 MIN 50 SEC   | 30<br>3 MINUTES!!    |  |                      |
|            |                      |                      |                      |                      |                                                                                     |                      |



# 5 MINUTE HOVER

## SEPTEMBER

| SUNDAY     | MONDAY               | TUESDAY              | WEDNESDAY            | THURSDAY                | FRIDAY                   | SATURDAY             |
|------------|----------------------|----------------------|----------------------|-------------------------|--------------------------|----------------------|
|            |                      |                      | 1<br>20 SECOND HOVER | 2<br>30 SECOND HOVER    | 3<br>30 SECOND HOVER     | 4<br>40 SECOND HOVER |
| 5<br>REST  | 6<br>45 SECOND HOVER | 7<br>50 SECOND HOVER | 8<br>1 MINUTE HOVER  | 9<br>1 MIN 25 SEC HOVER | 10<br>1 MIN 40 SEC HOVER | 11<br>1 MIN 50 SEC   |
| 12<br>REST | 13<br>2 MIN          | 14<br>2 MIN 25 SEC   | 15<br>2 MIN 40 SEC   | 16<br>2 MIN 50 SEC      | 17<br>3 MIN              | 18<br>3 MIN 20 SEC   |
| 19<br>REST | 20<br>3 MIN 30 SEC   | 21<br>3 MIN 40 SEC   | 22<br>3 MIN 50 SEC   | 23<br>4 MIN             | 24<br>4 MIN 20 SEC       | 25<br>REST           |
| 26<br>REST | 27<br>4 MIN 30 SEC   | 28<br>4 MIN 40 SEC   | 29<br>4 MIN 50 SEC   | 30<br>5 MINUTES!!       |                          |                      |

REST  
DAY

