

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 | | | | | |
| 30/60 | 31/32 | | | | | |

PUSH-UP



**MODIFIED
PUSH-UP**



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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 20 SECOND HOVER | 2 30 SECOND HOVER | 3 30 SECOND HOVER | 4 40 SECOND HOVER | 5 50 SECOND HOVER | 6 1 MINUTE | 7 1 MIN 10 SEC |
| 8 REST | 9 40 SECOND HOVER | 10 45 SECOND HOVER | 11 45 SECOND HOVER | 12 50 SECOND HOVER | 13 1 MINUTE | 14 1 MIN 10 SEC |
| 15 REST | 16 1 MIN 15 SEC | 17 1 MIN 20 SEC | 18 1 MIN 25 SEC | 19 1 MIN 30 SEC | 20 1 MIN 35 SEC | 21 1 MIN 40 SEC |
| 22 REST | 23 1 MIN 45 SEC | 24 1 MIN 50 SEC | 25 2 MIN | 26 2 MIN 10 SEC | 27 2 MIN 20 SEC | 28 REST |
| 29 REST | 30 2 MIN 30 SEC | 31 2 MIN 40 SEC | 32 2 MIN 50 SEC | 33 3 MINUTES!! | 34 | |



5 MINUTE HOVER

SEPTEMBER

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

