

NOVEMBER PUSH-UP CHALLENGE

PUSH-UP



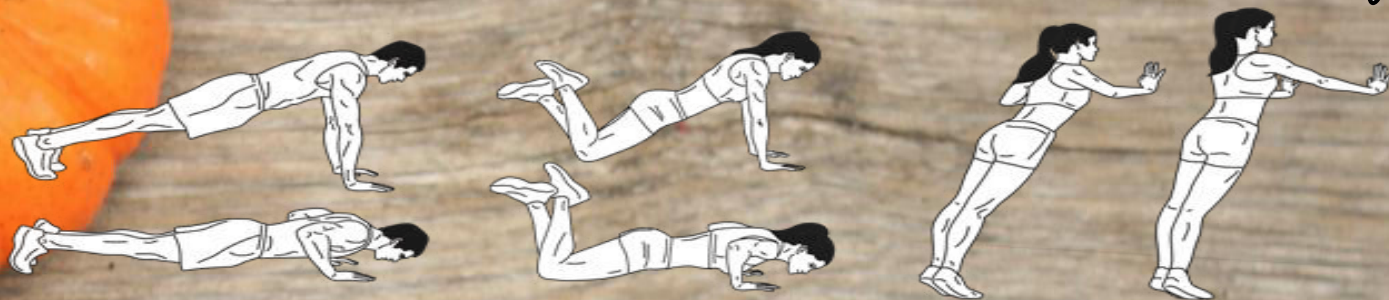
**MODIFIED
PUSH-UP**



imgPlay

DIRECTIONS FOR THE PUSH UP CHALLENGE

DAILY push ups



30-DAY CHALLENGE

Instructions: You can do any type of push-ups for this challenge: modified push-ups, wall push-ups, knee push-ups, classic push-ups, raised leg push-ups, decline or incline push-ups. You can also switch between types of push-ups on the fly or daily. The goal of this challenge is to do push-ups every day for 30 days, regardless of the type. ****SINGLE DATE PUSH-UPS OR DOUBLE DATE DO IT WITH FITNESSGRAM CADENCE**

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



TRY YOUR BEST AND ENJOY
THE CHALLENGE

NOVEMBER PUSH UP CHALLENGE

| SUNDAY | MONDAY 1 1/2 PUSH-UPS | TUESDAY 2 2/4 PUSH-UPS | WEDNESDAY 3 3/6 PUSH-UPS | THURSDAY 4 4/8 PUSH-UPS | FRIDAY 5 5/10 PUSH-UPS | SATURDAY 6 6/12 PUSH-UPS |
|------------|--------------------------------|------------------------------|--------------------------------|-----------------------------------|------------------------------|--------------------------------|
| 7 REST | 8 8/16 PUSH-UPS | 9 9/18 PUSH-UPS | 10 10/20 PUSH-UPS | 11 11/22 PUSH-UPS NO SCHOOL | 12 12/24 PUSH-UPS | 13 13/26 PUSH-UPS |
| 14 REST | 15 15/30 PUSH-UPS | 16 16/32 PUSH-UPS | 17 17/34 PUSH-UPS | 18 18/36 PUSH-UPS | 19 19/38 PUSH-UPS | 20 20/40 PUSH-UPS |
| 21 REST | 22 22/44 PUSH-UPS | 23 23/46 PUSH-UPS | 24 24/48 PUSH-UPS | 25 25/50 PUSH-UPS | 26 26/52 PUSH-UPS | 27 27/54 PUSH-UPS |
| 28 REST | 29 29/58 PUSH UPS | 30 30/60 PUSH UP | No school | | | |



Push-Up Cadence
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REST
DAY