

NOVEMBER PUSH-UP CHALLENGE

PUSH-UP



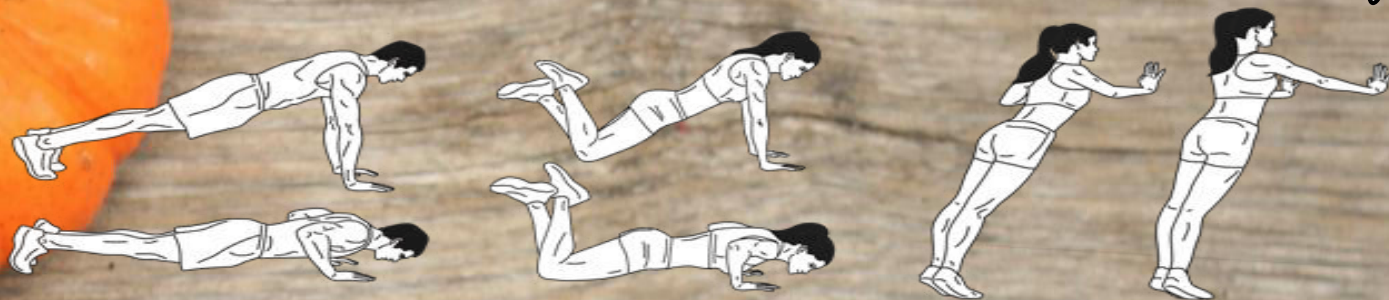
**MODIFIED
PUSH-UP**



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			

