



*Or not*

THE PUSH-UP CHALLENGE

ALTERNATIVE EXERCISE CIRCUIT



The Push-Up Challenge is for everyone. Take on our Alternative Exercise Circuit if you want to mix up your push-ups with other exercises. Reach out to a health professional before jumping in if you need.

DATE	DAY	SQUAT	PUSH-UP	SEATED PUNCH	STEP-UPS	TRICEP DIPS	SIT-UPS	TOTAL
Thu 1 Jun	1	18	12	14	14	16	22	96
Fri 2 Jun	2	24	22	18	22	24	20	130
Sat 3 Jun	3	35	25	28	30	25	32	175
Sun 4 Jun	4	REST DAY						
Mon 5 Jun	5	30	24	30	26	20	30	160
Tue 6 Jun	6	26	15	24	24	16	25	130
Wed 7 Jun	7	40	30	30	40	30	40	210
Thu 8 Jun	8	25	20	28	30	20	30	153
Fri 9 Jun	9	30	35	25	40	20	18	168
Sat 10 Jun	10	50	30	20	26	25	45	196
Sun 11 Jun	11	REST DAY						
Mon 12 Jun	12	20	25	18	28	15	25	131
Tue 13 Jun	13	30	35	20	30	15	20	150
Wed 14 Jun	14	50	40	32	30	26	40	218
Thu 15 Jun	15	16	20	12	16	10	10	84
Fri 16 Jun	16	28	30	26	28	15	36	163
Sat 17 Jun	17	50	40	22	24	34	30	200
Sun 18 Jun	18	REST DAY						
Mon 19 Jun	19	20	20	18	10	15	25	108
Tue 20 Jun	20	30	35	22	26	16	34	163
Wed 21 Jun	21	16	26	20	28	10	20	120
Thu 22 Jun	22	55	45	26	28	25	40	219
Fri 23 Jun	23	40	30	24	26	20	30	170
TOTAL								3,144