

PUSH-UP ALTERNATIVE EXERCISE CIRCUIT



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-UP	TRICEP DIP	SIT-UP	TOTAL
Wed 3 June	1	18	22	12	10	16	22	100
Thur 4 June	2	14	16	8	6	12	16	72
Fri 5 June	3	22	28	12	10	24	24	120
Sat 6 June	4	28	34	16	14	28	30	150
Sun 7 June	5	REST DAY						
Mon 8 June	6	24	30	18	16	24	28	140
Tue 9 June	7	30	38	20	18	30	34	170
Wed 10 June	8	28	14	18	16	24	30	130
Thur 11 June	9	30	36	20	16	28	30	160
Fri 12 June	10	38	30	20	16	30	33	167
Sat 13 June	11	34	44	30	20	34	38	191
Sun 14 June	12	REST DAY						
Mon 15 June	13	22	28	16	12	22	20	120
Tue 16 June	14	42	48	30	26	36	38	220
Wed 17 June	15	26	26	38	26	24	20	160
Thur 18 June	16	40	44	20	20	30	36	190
Fri 19 June	17	30	28	40	18	28	26	170
Sat 20 June	18	50	40	30	32	28	28	208
Sun 21 June	19	REST DAY						
Mon 22 June	20	26	26	14	12	20	22	120
Tue 23 June	21	30	40	26	20	30	34	180
Wed 24 June	22	40	50	30	24	40	45	229
Thur 25 June	23	30	36	20	16	28	30	160
Fri 26 June	24	26	34	18	15	27	30	150