

# 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-UP | TRICEP DIP | SIT-UP | TOTAL |
|------------|-----|----------|---------|--------------|---------|------------|--------|-------|
| Wed 4 Jun  | 1   | 20       | 25      | 15           | 18      | 22         | 20     | 120   |
| Thu 5 Jun  | 2   | 10       | 12      | 14           | 8       | 15         | 16     | 75    |
| Fri 6 Jun  | 3   | 18       | 22      | 25           | 30      | 20         | 25     | 140   |
| Sat 7 Jun  | 4   | 23       | 26      | 20           | 18      | 30         | 26     | 143   |
| Sun 8 Jun  | 5   | REST DAY |         |              |         |            |        |       |
| Mon 9 Jun  | 6   | 20       | 15      | 25           | 18      | 30         | 20     | 128   |
| Tue 10 Jun | 7   | 17       | 15      | 20           | 18      | 14         | 19     | 103   |
| Wed 11 Jun | 8   | 25       | 30      | 28           | 35      | 22         | 30     | 170   |
| Thu 12 Jun | 9   | 30       | 25      | 32           | 20      | 28         | 32     | 167   |
| Fri 13 Jun | 10  | 20       | 25      | 18           | 22      | 15         | 30     | 130   |
| Sat 14 Jun | 11  | 33       | 27      | 28           | 40      | 32         | 40     | 200   |
| Sun 15 Jun | 12  | REST DAY |         |              |         |            |        |       |
| Mon 16 Jun | 13  | 30       | 28      | 25           | 20      | 35         | 25     | 163   |
| Tue 17 Jun | 14  | 28       | 30      | 25           | 22      | 35         | 34     | 174   |
| Wed 18 Jun | 15  | 30       | 25      | 20           | 35      | 28         | 22     | 160   |
| Thu 19 Jun | 16  | 28       | 29      | 31           | 27      | 30         | 25     | 170   |
| Fri 20 Jun | 17  | 35       | 40      | 30           | 25      | 45         | 35     | 210   |
| Sat 21 Jun | 18  | 33       | 27      | 29           | 31      | 35         | 36     | 191   |
| Sun 22 Jun | 19  | REST DAY |         |              |         |            |        |       |
| Mon 23 Jun | 20  | 40       | 35      | 30           | 25      | 50         | 40     | 220   |
| Tue 24 Jun | 21  | 35       | 40      | 25           | 30      | 20         | 20     | 170   |
| Wed 25 Jun | 22  | 37       | 42      | 39           | 34      | 41         | 37     | 230   |
| Thu 26 Jun | 23  | 21       | 24      | 18           | 22      | 30         | 35     | 150   |

3,214 PUSH-UPS.  
4-26 JUNE 2025.

PUSH FOR BETTER  
thepushupchallenge.com.au