



30-Day Ultimate Push-Up Challenge: Regular Push-ups + Triceps Push-ups + Pike Push-ups: can you do 100??

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
— Week 1: 25 Reps	— Before Measurements: Chest: _____ Upper Arm: ____	— REMEMBER TO TAKE A PICTURE	—	— Take a good look at that torso - it's going to look different in a few weeks!!	—	— Feeling Stronger? You should - you just did 150 push- ups!
— Week 2: 50 Reps	— New Week - what's your #1 Goal?	—	— What are you most proud of?	— What are you working for? Is it worth it?	— FIT FRIDAY - FLAUNT IT!	— How about now? Hope so! You just did another 300!
— Week 3: 75 Reps	—	— ARE YOU REACHING YOUR GOALS?	—	— What's motivating you today?	—	— Feeling Confident? You should - you just did another 450!
— Week 4: 100 Reps	— POST SOMETHING FUN ON FB!	— How's that torso looking? Take a picture!	— Who did you inspire today?	—	— What are you most looking forward to??	— And how about now after another 600 push-ups in one week!?
— Rest of Challenge: DO YOUR BEST! HOW STRONG ARE YOU NOW??	— After Measurements: Chest: _____ Upper Arm: ____	— How's the torso looking? Much, much better!	—	— You just did 1.5K total push-ups! HIGH 5!!!	—	— Final Picture - How does it look?

YOU CAN DO ANYTHING YOU THINK YOU CAN!

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