



PRESS UP CHALLENGE

Agenda:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Press Up Military Plank	2 Wide Press Up Shoulder Tap	3 Diamond P.U. Plank	4 Press Up Military Plank	5 Wide Press Up Shoulder Tap	6 Diamond P.U. Plank	7 Rest
8 Diamond P.U. Plank	9 Press Up Military Plank	10 Wide Press Up Shoulder Tap	11 Diamond P.U. Plank	12 Press Up Military Plank	13 Wide Press Up Shoulder Tap	14 Rest
15 Wide Press Up Shoulder Tap	16 Diamond P.U. Plank	17 Press Up Military Plank	18 Wide Press Up Shoulder Tap	19 Diamond P.U. Plank	20 Press Up Military Plank	21 Rest
22 Press Up Military Plank	23 Wide Press Up Shoulder Tap	24 Diamond P.U. Plank	25 Press Up Military Plank	26 Wide Press Up Shoulder Tap	27 Diamond P.U. Plank	28 Rest
29 Wide Press Up Shoulder Tap	30 Press Up Military Plank	31 As many as you can :				

For 1 minute I can do:

- ✓ 1st March: reps
- ✓ 15th March: reps
- ✓ 31st March: reps!

EXERCISES:

1. Press Up
2. Wide Press Up
3. Diamond Press Up
4. Military Plank
5. Shoulder Tap
6. Plank

Exercises Plan

(2 daily exercises):

Week 1 : 30 sec each

Week 2: 45 sec each

Week 3: 2x 30sec each

Week 4: 2 x 45sec each

29th & 30th March: 2x 1min

31st March: As many as you can!