

Upper body strengthening is great for daily living!
 These upper body exercises can be done with little, to no equipment.
 Do the assigned number of chair dips and push ups (any level) for the month
 of June. If you miss a day, you can make up your reps on a rest day, or in
 addition to another day.

June 2019

Complete the form and return to Mandi Artino by July 12, 2019.

Name _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 ___ 1 Chair Dip ___ 2 Push ups
2 ___ 2 Chair Dips ___ 4 Push ups	3 ___ 3 Chair Dips ___ 5 Push ups	4 ___ 5 Chair Dips ___ 7 Push ups	5 <i>REST</i>	6 ___ 7 Chair Dips ___ 9 Push ups	7 ___ 9 Chair Dips ___ 11 Push ups	8 ___ 10 Chair Dips ___ 12 Push ups
9 <i>REST</i>	10 ___ 11 Chair Dips ___ 13 Push ups	11 ___ 12 Chair Dips ___ 14 Push ups	12 ___ 13 Chair Dips ___ 15 Push ups	13 ___ 14 Chair Dips ___ 16 Push ups	14 <i>REST</i>	15 ___ 15 Chair Dips ___ 17 Push ups
16 ___ 16 Chair Dips ___ 18 Push ups	17 ___ 17 Chair Dips ___ 19 Push ups	18 ___ 18 Chair Dips ___ 20 Push ups	19 <i>REST</i>	20 ___ 19 Chair Dips ___ 21 Push ups	21 ___ 20 Chair Dips ___ 22 Push ups	22 ___ 21 Chair Dips ___ 24 Push ups
23 ___ 22 Chair Dips ___ 25 Push ups	24 ___ 23 Chair Dips ___ 27 Push ups	25 <i>REST</i>	26 ___ 24 Chair Dips ___ 28 Push ups	27 ___ 25 Chair Dips ___ 30 Push ups	28 ___ 26 Chair Dips ___ 31 Push ups	29 ___ 27 Chair Dips ___ 32 Push ups
30 ___ 30 Chair Dips ___ 35 Push ups						

