

APRIL 2019

Push-up Challenge

Name _____

- Complete the number of pushups listed each day of the week.
- Any level (as demonstrated in the video clip) is acceptable.
- Please submit your completed log sheets to Mandi Artino, by May 10, 2019.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
____ ³	____ ³	____ ⁵	____ ⁷	____ ⁹	____ ¹¹	REST ⁶
____ ¹³	____ ¹⁴	____ ¹⁵	REST ¹⁰	____ ¹⁸	____ ¹⁹	____ ²⁰
REST ¹⁴	____ ²²	____ ²³	____ ²⁴	REST ¹⁸	____ ²⁶	____ ²⁷
____ ²⁸	REST ²²	____ ³⁰	____ ³²	____ ³⁴	REST ²⁶	____ ³⁶
____ ³⁸	____ ³⁹	____ ⁴⁰				