

June
2015



Push-Ups and Planks Challenge

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|---|---|----------|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 1 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 1 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 1 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | Rest Day | 1 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 1 Min of each: Push-Ups Plank Wide Push-Ups Side Plank |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Rest Day | 1 Min 30 Sec of each: Push-Ups Plank Wide Push-Ups Side Plank | 1 Min 30 Sec of each: Push-Ups Plank Wide Push-Ups Side Plank | 1 Min 30 Sec of each: Push-Ups Plank Wide Push-Ups Side Plank | Rest Day | 1 Min 30 Sec of each: Push-Ups Plank Wide Push-Ups Side Plank | 1 Min 30 Sec of each: Push-Ups Plank Wide Push-Ups Side Plank |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Rest Day | 2 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 2 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 2 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | Rest Day | 2 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 2 Min of each: Push-Ups Plank Wide Push-Ups Side Plank |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Rest Day | 3 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 3 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 3 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | Rest Day | 3 Min of each: Push-Ups Plank Wide Push-Ups Side Plank | 3 Min of each: Push-Ups Plank Wide Push-Ups Side Plank |

