

September

2014



Push-Ups Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Labor Day	10 Reg Push-ups 10 Wide Push-ups 10 Narrow Push-ups 5 Triceps 1 Arm Push-ups	10 Reg Push-ups 10 Wide Push-ups 10 Narrow Push-ups 5 Triceps 1 Arm Push-ups	Rest Day	12 Reg Push-ups 12 Wide Push-ups 12 Narrow Push-ups 5 Triceps 1 Arm Push-ups	12 Reg Push-ups 12 Wide Push-ups 12 Narrow Push-ups 5 Triceps 1 Arm Push-ups
7	8	9	10	11	12	13
Rest Day	12 Reg Push-ups 12 Wide Push-ups 12 Narrow Push-ups 5 Triceps 1 Arm Push-ups 5 Military Push-Ups	12 Reg Push-ups 12 Wide Push-ups 12 Narrow Push-ups 5 Triceps 1 Arm Push-ups 5 Military Push-Ups	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups	Rest Day	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups
14	5	16	17	18	19	20
Rest Day	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups	Rest Day	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups	15 Reg Push-ups 15 Wide Push-ups 15 Narrow Push-ups 7 Triceps 1 Arm Push-ups 5 Military Push-Ups
21	22	23	24	25	26	27
Rest Day	20 Reg Push-ups 20 Wide Push-ups 20 Narrow Push-ups 10 Triceps 1 Arm Push-ups 5 Military Push-Ups	20 Reg Push-ups 20 Wide Push-ups 20 Narrow Push-ups 10 Triceps 1 Arm Push-ups 5 Military Push-Ups	20 Reg Push-ups 20 Wide Push-ups 20 Narrow Push-ups 10 Triceps 1 Arm Push-ups 5 Military Push-Ups	Rest Day	20 Reg Push-ups 20 Wide Push-ups 20 Narrow Push-ups 10 Triceps 1 Arm Push-ups 5 Military Push-Ups	20 Reg Push-ups 20 Wide Push-ups 20 Narrow Push-ups 10 Triceps 1 Arm Push-ups 5 Military Push-Ups
28	29	30				
Rest Day	25 Reg Push-ups 25 Wide Push-ups 25 Narrow Push-ups 10 Triceps 1 Arm Push-ups 5 Military Push-Ups	25 Reg Push-ups 25 Wide Push-ups 25 Narrow Push-ups 10 Triceps 1 Arm Push-ups 5 Military Push-Ups				

Month

Year

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