

April

2016



Push Ups & Planks Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					1 Min of each: Push Ups Plank	1 Min of each: Push Ups Plank
3	4	5	6	7	8	9
Rest Day	1 Min 30 sec of each: Push Ups Plank	1 Min 30 sec of each: Push Ups Plank	1 Min 30 sec of each: Push Ups Plank	Rest Day	1 Min 30 sec of each: Push Ups Plank	1 Min 30 sec of each: Push Ups Plank
10	11	12	13	14	15	16
Rest Day	1 Min 45 sec of each: Push Ups Plank	1 Min 45 sec of each: Push Ups Plank	1 Min 45 sec of each: Push Ups Plank	Rest Day	1 Min 45 sec of each: Push Ups Plank	1 Min 45 sec of each: Push Ups Plank
17	18	19	20	21	22	23
Rest Day	2 min sec of each: Push Ups Plank	2 min sec of each: Push Ups Plank	2 min sec of each: Push Ups Plank	Rest Day	2 min sec of each: Push Ups Plank	2 min sec of each: Push Ups Plank
24	25	26	27	28	29	30
Rest Day	2 Min 30 sec of each: Push Ups Plank	2 Min 30 sec of each: Push Ups Plank	2 Min 30 sec of each: Push Ups Plank	Rest Day	2 Min 30 sec of each: Push Ups Plank	2 Min 30 sec of each: Push Ups Plank

Month

Year

[illegible]