


January Challenge

2021

Push-Up Edition

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|------------|------------|------------|---|--|
| Make sure you keep good form with your push-ups – no bowing backs. Modify this exercise if needed by bending at the knees or using a wall or countertop to push from instead of the floor. | | | | | 1 | 2 | |
| | | | | | 3 Pushups | 4 Pushups | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | |
| 5 Pushups | REST | 5 Pushups | 6 Pushups | 7 Pushups | REST | 7 Pushups | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| 8 Pushups | 9 Pushups | REST | 9 Pushups | 10 Pushups | 11 Pushups | REST | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| 11 Pushups | 12 Pushups | 13 Pushups | REST | 13 Pushups | 14 Pushups | 15 Pushups | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| REST | 15 Pushups | 16 Pushups | 17 Pushups | REST | 17 Pushups | 18 Pushups | |
| 31 | BONUS | If you miss a day, just cross off a rest day to stay on track. The most important thing is just sticking to your plan! If the challenge becomes too difficult, break up the repetitions into smaller sets. | | | |  | |
| 19 Pushups | 20 Pushups to start February off right! 😊 | | | | | | |