

'Flex Your February' Fitness Challenge

Add 2 push-ups each day to your daily workout for the month. Rest day every 4 days. Take breaks in-between push-ups if needed. Visit www.beachcitiesgym.com/challenge for more information on these exercises. *Please do what your body feels comfortable with and modify as necessary.

Push-up variations:

- Wall push-up or counter push-ups
- Modified on knees
- Full body push-ups



A Beach Cities Health District Program

View some of the push-up variations in a video [here](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 2 Push Ups	2 4 Push Ups	3 6 Push Ups	4 Rest	5 8 Push Ups
6 10 Push Ups	7 12 Push Ups	8 Rest	9 14 Push Ups	10 16 Push Ups 	11 18 Push Ups	12 Rest
13 20 Push Ups	14 22 Push Ups 	15 24 Push Ups	16 Rest	17 26 Push Ups	18 28 Push Ups	19 30 Push Ups
20 Rest	21 32 Push Ups	22 34 Push Ups	23 36 Push Ups	24 Rest	25 38 Push Ups 	26 40 Push Ups
27 42 Push Ups	28 Rest					