

# Pumpkin Push-up Challenge!

Want to challenge yourself even more? Add narrow push-ups to the mix or throw in an extra set! By the end, you'll feel strong enough to lift an entire pumpkin patch.



**Each day please complete the activity**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5 push-ups	2 5 push-ups	3 6 push-ups	4 6 push-ups	5 7 push-ups
6 REST DAY	7 7 push-ups	8 8 push-ups	9 8 push-ups	10 9 push-ups	11 9 push-ups	12 REST DAY
13 10 push-ups	14 10 push-ups	15 11 push-ups	16 11 push-ups	17 12 push-ups	18 REST DAY	19 12 push-ups
20 13 push-ups	21 13 push-ups	22 14 push-ups	23 14 push-ups	24 REST DAY	25 15 push-ups	26 15 push-ups
27 16 push-ups	28 16 push-ups	29 17 push-ups	30 REST DAY	31 17 push-ups		

Visit [www.beachcitiesgym.com/challenge](http://www.beachcitiesgym.com/challenge) for more information on these exercises.