

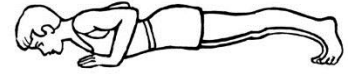
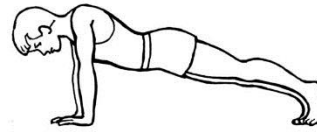
Monthly Health Challenge - Push up Challenge

Would you like to strengthen and tone the muscles in your arms? Well you can start with the push up challenge, a strengthening exercise that works your arms. As you perform this push up challenge, your arms will get stronger enabling you to lift heavier weights and increase the number of daily push-ups.

How to perform the perfect push up:

1. Get into a high plank position.

Place your hands firmly on the ground, directly under shoulders. Ground your toes into the floor to stabilize your lower half. Brace your core (tighten your abs as if preparing to take a punch), engage glutes and hamstrings, and flatten your back so your entire body is neutral and straight.



2. Lower your body.

Begin to lower your body—keeping your back flat and eyes focused about three feet in front of you to keep a neutral neck—until your chest grazes the floor. Don't let your butt dip or stick out at any point during the move; your body should remain in a straight line from head to toe. Draw shoulder blades back and down, keeping elbows tucked close to your body (don't "T" your arms).



3. Push back up.

Keeping your core engaged, exhale as you push back to the starting position. Pro tip: Imagine you are screwing your hands into the ground as you push back up. That's one!

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 8	2 (E) 8 (C) 10	3 (E) 10 (C) 12	4 (E) 12 (C) 14	5 (E) 14 (C) 16	6 (E) 16 (C) 18	7 (E) Rest Day (C) Rest Day
8 (E) 18 (C) 20	9 (E) 20 (C) 22	10 (E) 23 (C) 25	11 (E) 26 (C) 28	12 (E) 29 (C) 31	13 (E) 32 (C) 34	14 (E) Rest Day (C) Rest Day
15 (E) 35 (C) 37	16 (E) 38 (C) 40	17 (E) 42 (C) 44	18 (E) 46 (C) 48	19 (E) 50 (C) 52	20 (E) 54 (C) 56	21 (E) Rest Day (C) Rest Day
22 (E) 56 (C) 58	23 (E) 58 (C) 60	24 (E) 62 (C) 64	25 (E) Rest Day (C) Rest Day	26 (E) 66 (C) 68	27 (E) 70 (C) 72	28 (E) 74 (C) 76
29 (E) 78 (C) 80	30 (E) 82 (C) 84	31 (E) 86 (C) 88				