

WALL PUSH UP

CHALLENGE!

DO **3-5** A DAY
FOR **30** DAYS!

WHY DO IT?



GET STRONG!



BUILD CONFIDENCE!



STAY HEALTHY!



BE YOUR BEST!

HERE'S HOW:

1 Stand arms length from the wall.



2 Place your hands on the wall.



3 Bend your elbows and push back! That's 1 push up!

★ YOUR 30 DAY CHALLENGE! ★

DAY 1 3-5 PUSH-UPS <input type="checkbox"/>	DAY 2 3-5 PUSH-UPS <input type="checkbox"/>	DAY 3 3-5 PUSH-UPS <input type="checkbox"/>	DAY 4 3-5 PUSH-UPS <input type="checkbox"/>	DAY 5 3-5 PUSH-UPS <input type="checkbox"/>	DAY 6 3-5 PUSH-UPS <input type="checkbox"/>
DAY 7 3-5 PUSH-UPS <input type="checkbox"/>	DAY 8 3-5 PUSH-UPS <input type="checkbox"/>	DAY 9 3-5 PUSH-UPS <input type="checkbox"/>	DAY 10 3-5 PUSH-UPS <input type="checkbox"/>	DAY 11 3-5 PUSH-UPS <input type="checkbox"/>	DAY 12 3-5 PUSH-UPS <input type="checkbox"/>
DAY 13 3-5 PUSH-UPS <input type="checkbox"/>	DAY 14 3-5 PUSH-UPS <input type="checkbox"/>	DAY 15 3-5 PUSH-UPS <input type="checkbox"/>	DAY 16 3-5 PUSH-UPS <input type="checkbox"/>	DAY 17 3-5 PUSH-UPS <input type="checkbox"/>	DAY 18 3-5 PUSH-UPS <input type="checkbox"/>
DAY 25 3-5 PUSH-UPS <input type="checkbox"/>	DAY 26 3-5 PUSH-UPS <input type="checkbox"/>	DAY 27 3-5 PUSH-UPS <input type="checkbox"/>	DAY 28 3-5 PUSH-UPS <input type="checkbox"/>	DAY 29 3-5 PUSH-UPS <input type="checkbox"/>	DAY 30 3-5 PUSH-UPS <input type="checkbox"/>



YOU CAN DO IT!
KEEP GOING EVERY DAY!



BE STRONG.
BE KIND.
BE AWESOME!