October Push-up Challenge

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | 1  Modified Push-Ups | 2  Wide-Grip Push-Ups | 3  Hands Elevated Push-ups | 4 |
| 5 | 6  Feet Elevated Push-ups | 7  Plank 90͒ Push-ups | 8  Pike Push-ups | 9  Triangle Push-ups | 10  Strict Push-ups | 11 |
| 12 | 13  Elevator Push-ups | 14  Single Leg Push-ups | 15  Renegade Row Push-ups | 16  Rotational Push-ups | 17  Corkscrew Push-ups | 18 |
| 19 | 20  Negative Push-ups (10 sec count) | 21  Resistance Band Push-ups | 22  Canyon (Box) Push-ups | 23  Push-up Jacks | 24  Dive Bombers | 25 |
| 26 | 27  Medicine Ball Push-ups | 28  Handstand/  Feet on Wall Push-ups | 29  Spiderman Push-ups | 30  Clapping Push-ups | 31  HALLOWEEN HYSTERIA  \*5 of every type |  |

<https://www.youtube.com/watch?v=FBGHfRzN_rY&feature=youtu.be>-Cick on the link to video demonstration/instruction videos for each type of push-up.

Participants will do 1 set of each type of push-up to FAILURE.  Teachers/Leaders should provide a set amount of time to accomplish their personal goal.-GOAL RANGE can vary depending on the difficulty of the exercise.

HALLOWEEN HYSTERIA-Students Complete 5 reps of each type of push-ups for a total of 110 push-ups.

Ideas:

-Fridays Team Competitions (Girls vs Guys, Beginner, Intermediate, Advanced, Groups of 4-5)

-Prizes for certain levels of completion???

-T-shirts for anyone who completes the Halloween Hysteria???