October Push-up Challenge

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