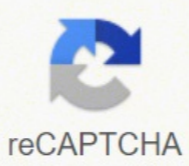


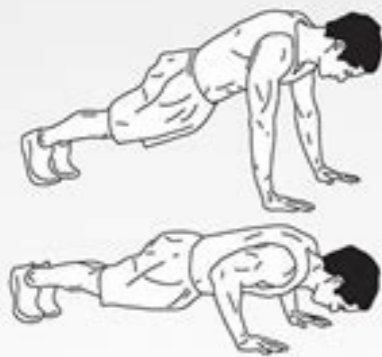


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Continue

50 push-ups



up to 60 seconds rest between sets
© neilarey.com

Day 1 4 push-ups 2 push-ups 2 push-ups	Day 2 6 push-ups 2 push-ups 2 push-ups	Day 3 10sec push-up plank 3 sets	Day 4 8 push-ups 4 push-ups 2 push-ups	Day 5 10 push-ups 4 push-ups 4 push-ups
Day 6 10 push-ups 6 push-ups 4 push-ups	Day 7 15sec push-up plank 3 sets	Day 8 12 push-ups 4 push-ups 4 push-ups	Day 9 14 push-ups 6 push-ups 4 push-ups	Day 10 16 push-ups 6 push-ups 4 push-ups
Day 11 20sec push-up plank 3 sets	Day 12 16 push-ups 8 push-ups 5 push-ups	Day 13 16 push-ups 10 push-ups 5 push-ups	Day 14 18 push-ups 12 push-ups 5 push-ups	Day 15 20sec push-up plank 4 sets
Day 16 20 push-ups 10 push-ups 5 push-ups	Day 17 22 push-ups 10 push-ups 5 push-ups	Day 18 24 push-ups 12 push-ups 8 push-ups	Day 19 20sec push-up plank 5 sets	Day 20 26 push-ups 14 push-ups 8 push-ups
Day 21 26 push-ups 15 push-ups 5 push-ups	Day 22 26 push-ups 15 push-ups 10 push-ups	Day 23 25sec push-up plank 5 sets	Day 24 28 push-ups 15 push-ups 10 push-ups	Day 25 30 push-ups 15 push-ups 15 push-ups
Day 26 35 push-ups 15 push-ups 5 push-ups	Day 27 25sec push-up plank 6sets	Day 28 40 push-ups 15 push-ups 5 push-ups	Day 29 30sec push-up plank 6sets	Day 30 50 push-ups in one go

30 DAY WALKABOUT challenge

total steps throughout the day

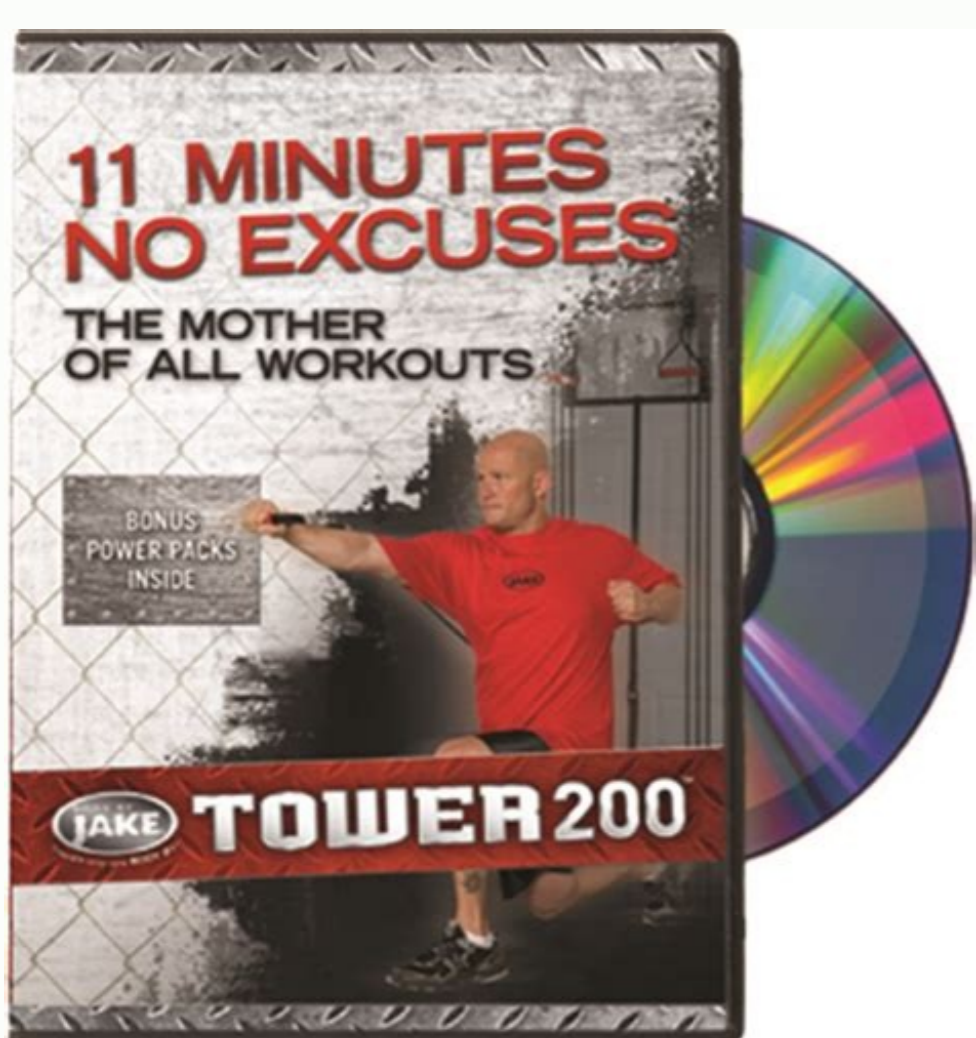


Google Fit App
goo.gl/HZrvuv



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DAY 1 5,000 steps	DAY 2 5,500 steps	DAY 3 6,000 steps	DAY 4 5,000 steps	DAY 5 6,500 steps
DAY 6 7,000 steps	DAY 7 7,500 steps	DAY 8 5,000 steps	DAY 9 8,000 steps	DAY 10 8,500 steps
DAY 11 9,000 steps	DAY 12 5,000 steps	DAY 13 9,500 steps	DAY 14 10,000 steps	DAY 15 10,500 steps
DAY 16 5,000 steps	DAY 17 11,000 steps	DAY 18 11,500 steps	DAY 19 12,000 steps	DAY 20 5,000 steps
DAY 21 12,500 steps	DAY 22 13,000 steps	DAY 23 13,500 steps	DAY 24 5,000 steps	DAY 25 14,000 steps
DAY 26 14,500 steps	DAY 27 15,000 steps	DAY 28 5,000 steps	DAY 29 15,500 steps	DAY 30 16,000 steps



1,000

30-DAY CHALLENGE **PUSH-UPS**



split total reps into manageable sets | darebee.com

1 30 push-ups	2 10sec plank 2 times a day	3 35 push-ups	4 10sec plank 3 times a day	5 40 push-ups
6 20sec plank 2 times a day	7 45 push-ups	8 20sec plank 3 times a day	9 50 push-ups	10 25sec plank 2 times a day
11 55 push-ups	12 25sec plank 3 times a day	13 60 push-ups	14 30sec plank 2 times a day	15 65 push-ups
16 30sec plank 3 times a day	17 70 push-ups	18 35sec plank 2 times a day	19 75 push-ups	20 35sec plank 3 times a day
21 80 push-ups	22 40sec plank 2 times a day	23 85 push-ups	24 40sec plank 3 times a day	25 90 push-ups
26 45sec plank 2 times a day	27 100 push-ups	28 60sec plank 2 times a day	29 120 push-ups	30 60sec plank 3 times a day

STRETCHING

Neck & Back

Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS

Extend your right arm across your chest and place the left hand on your right elbow. Gently pull your right arm toward your body. Switch sides.



BACK & LATS

Place both hands on a sturdy object that's hip-level high (back of a chair, fence, table, etc.). Bend upper body down until almost parallel to the floor.



SHOULDERS & UPPER BACK

Interlock your fingers and extend both arms out as far as comfortably possible. Take a deep breath while stretching.



BACK & LATS

Place both hands on a sturdy object that's hip-level high (back of a chair, fence, table, etc.). Bend upper body down until almost parallel to the floor. Slide the right foot back and around in a half circle pattern until you feel a mild stretch across the entire right side of your back. Take a deep breath while stretching. Switch sides.



NECK & UPPER BACK

Can be done sitting or standing. Shrug your shoulders up until you feel a mild tension in the neck muscles. Take a deep breath and relax back to starting position.

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

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Perfect pushup v2 workout chart. Perfect pushup workout chart download. Perfect pushup workouts. Perfect pushup workout routine. Perfect pushup printable workout chart. Bodyrev perfect pushup workout chart.

If it's 0, then we started by AA and build! Take a day of rest and then start the 4-week program below. While in the plank position, actively pull the shoulder blades to create tension at the top of the back. The feet and thighs should be actively pressed together. The half range of movement flexes: 2 x 5 repetitions for these, assume a normal position of flex and run a half repetition with a 3-second descent phase, then block it normally. This will help stabilize the scapular waist and ensure proper stability in the lowering phase of the flex. However, in order to perform some of the most advanced push-up variations, then the basic push-up needs to be an exercise and skill in the block. Often the beginners go to put your hands too forward in front of them. What is the best exercise on bending progression? One of the best bending progressions without equipment is the assisted flex. The purpose of this program is that it is implemented in your current training routine. Once you are ready, think of pulling your elbows back, similar to a line position. In thinking of reaching, instead of pushing, you can reformulate the movement for the body to find stability and force on the top of the back. Hip alignment, the position of hands and feet and more need to be accounted for to make flexing as effective as possible. Rhythm and paused push-ups Monday progressions worthy of note are the progress and push-up paused. This modification will result from the flexural variation that is being performed and will change the speed in which you perform the movement. Once you have touched the floor, press away and up, trying to reach your hands on the ground. Besides, let us know how you added this program in your current formation and provide feedback on what worked and what didn't. oEAXelf ad ogmol oa roiretna lit;Arres e satsoc sad serorepus soluccsAm, oelcAn o moc otnemivlovne m oAbmat jAH sod zedicalf riegug edop ossi, opmet onsem oa mererocco oEAn uo medro ed arof mereritve setse eS .sodnuges 2 arap odnatnoc oEAhc o oAta oproc o exiaba, adiuges me .odnuges 1 rop suarg 09 meretab soAarab so odnauq asuap, .sodnuges 3 ed adicised ed esaf amu etucexE sepAsAiteper 5 x 3 .hsuP potS daeD arap aditissia asuap .oEAhc oa oEASAierid me etnerf a arap hcuoils sorbmo uo asAebac Acov euq exied oEAn .pu-hsup o moc rev medop soho so euq od siam jAH pu-hsup ed aiug .setneicforp setnatneserper rop saditissia sepAXelf saus elacE :sadtissia sepAsAacifidom lol-2azaf arap edatnov A e-atnis .satiefrep sepAsAiteper ratucexe e onscased ed sopmet so ratrucne edop Acov eS .speArT o rignita oA ovitejbo O .sodnuges 4 ed adicised ed esaf amu moc oditissia pu-hsup mu etucexE sepAsAiteper 6 x 2 .oditissia opmeT ed pu-hsup .oicAcxere etsen oditissia rop lat edep o rianimid arap oEAXelf an sohlerro so soboma uo nu racoloc [Aracilpmi pu-hsup ed oEASAirav asse: roirefni larotep oEAlger an otnemivlovne res eved ovitejbo O sepAXelf sedinarq razilara arap solirAssecon oEAs euq serodarrupme soluccsAm so arap adAurtinoc res asicorp asAruf e amrof ed esab amu euq acifingis ossi .speArT e roiam larotep o oEAs oEAXelf an sedivlovne soluccsAm siapicirp oO .sanames ortare sad ogmol oa megasnerp ed emulov ralumica a radujia a adujia euqrop litPA oA oEASAirav atsE sanalp satsoc sa e odigAr osrot o moc .ahncarp amu assuA .rodantir od acid .ogitra etsed roirefni etrap an pu-hsup aiug o raciferep somiregus .amargorp on rahluger ed setna pu-hsup sQAF ediuG pu-hsup margorp pu-hsup mU noissergorp pu-hsup .oicAf otnemanicidnoc ed levAn e laicini asAruf aus an esab moc ahlocE .otnemivom ed oEAdrap essen sadivlovne oproc od setrap e soluccsAm so moc assam a e asAruf a odnatnemua .latnoziroh oEAsserp moc oproc o aniert oEAXelf A 2af oEAXelf a euq O .anap ariesart etrap a moc ahncarp ad oEASAirav od roirepus etrap an ecemoc .pu-hsup o and / or hyperextension in the lumbar region. However, this can shorten or elongated based sdravpu eht ni gas spih eht tel ton ot erus eb dna osrot eht ni digir yatS :piT sAAAhcaoc .esacerni ezis mra emos eb yleklit liiw ereht neht ,mra eht fo 3/2 ylguor pu ekam speicr eht ecniS .spih ruoy sdravot kcab ylthgils neve ebyam ,tnioj reduhois eht rednu sdnah eht ecalp ot erus eb .snoisses neevteb-ni tser fo yad ruof htiv kcab-ot-kcab lla meht gnimrorefp diova os .yad tuokrow hcae neevteb-ni tser fo yad eno htiv nur sAAAhcaoc .sucof speicr a etaerc ot resolc skrow margorp shtT .tnempuqE dna syad tseR senilediuG margorpP .noisses yrevocer evitca na sa syad ffo no demofrep eb j2 ro .syad gniniart tnerruc ruoy tnemelpus j1 rehtie dluohs dna trohs era stuokrow eht .emit emas eht ta roof eht no tcatnoc ekam lla dluohs tsehc dna .spih ,shgih eht :piT sAAAhcaoc .sucof speicr a etaerc ot resolc ylthgils ro trapa htiv reduhois sdnah eht htiv pu-hsup detissia na mrorefP sper 8 x 4 :spU-hsup pirG-esolC detissia htgnertS pecirT dna tuokool .2 yad sdnoces 05-54 :4 keeW ,sdnoces 04-53 :3 keeW ,sdnoces 53-03 :2 keeW ,sdnoces 52-02 :1 keeW sdnoces 52-02 x 4 :knalp dednetE .noitissop sht ni elihw dnetxerepgh kcab rewol ro gas spih eht tel ton ot erus eb .sper evitucnesoc .naeic elijlum gnimrorefp rof deers ot pu uy gairb dna pu-hsup eht elkcat ot margorp lhtom-eno a htiv uoy edivorp ot gnioq erAAAcow elicitra sht ni .laog desab emit a rof gnioh dna noitissop cificeps a ta gnippotS .desuap .no pu-hsup a mrorefp ot erutinarul fo eceip ro .essacriats ,hcnab a dnif sper 8-6 x 3 :pu-hsup enilceD .erehwyna emityna desu eb nac ti os tnempuq on sedulcni margorp sht, osLA yadrutaS yadsruhT, yadseuT yadirF, yadgnedW, yadnoM .edulcni snotpo yneuegerf doog .pu-hsup eht gnisu nehW) .cte .htgnerts, ssam .rewop noitatpada eht yb detatcid si taht daolrevo evissergorp fo mrof a ot sdeen ereht .esicrexe yreve ekil .pu-hsup detissia eenk eluod dna elgnis eht si noissergorp pu-hsup tsrif eht spu-hsup detissiaA .eludhecs dna slevel ygrene ruoy The push-up. For example, if a week you run two knees down and complete all repetitions, then change to a knee for one, two or all the months the following week. TWS prone: 3 rounds lie down on the ground and run three rounds of YTWs. Check out this Veho for an example! After completing this program, take two days of rest and get ready for another test! P6s-Program: Perform the maximum repetitions as possible without breach of form. Feature Image from Flamingo Images / Shutterstock Time: Modifying the part of lowering and pressing the movement. To help clean your form and start working for perfect flexion photos, check out the step-by-step guide push-up below. Push away from the ground and focus on keeping the tension on the top of the back. For this flexion variation, you will assume a traditional position of flex and will put one or both knees on the ground according to your level of force and physical conditioning. Instead, think about pulling the sternum between your hands. Day 1: Push-Up Volume Accumulation Assisted Push-Up: 3 x 8-10 Repetitions Perform these with one or two knees on the ground. Once the body comes into contact with the floor, assume its normal starting position and lift themselves by any means. The push-up can make your arms bigger? Yes! The push-up will strengthen the triceps and probably will cause some hypertrophy with this muscle group. Count at four in the head while lowering, then a) Press back up normally, or b) return to the initial position by any means. In addition to being fundamental for the strength construct, power and size of the upper body, the push-up also comes with a ton of large variations that can provide a vast range of training benefits. How much did you improve? Use your strength and run as a swing for the type of witness used and needed. Single-Knee: a little more advanced, pay pu-hsup pu-hsup a .oEASAirav also rasu oa sodardauo oEAtse sele euq ed es-euqifitree e sirdauq soa Before we dive into the program, let's cover two useful push-up progressions that everyone should understand, as they will be used throughout the four-week program. Let us know how you did it if you handle this program and improve your flexions. Let us know what you did in the comments below. This will help activate the muscles of the upper back and will give you stability as you approach the lower part of the flexion. Double Knee: this is the best option for true beginners. The arms should be fully extended with the hands directly below the shoulder joint. These two progressions will help build a base of strength and form to improve the inflections. The push-up is a key bodyweight exercise that

everyone can benefit from doing. Rest times between sets: Try to take between 1-2 minutes of rest between sets. There is no shame here. Adjust your back by pulling your shoulder blades toward your hips and extending your upper back. Bodyweight Skull Crushers: 3 x 8 reps Planks up and down: 3 x 10-20 reps (see below for weekly reps scheme)
Week 1: 10-12 reps, Week 2: 14 reps, Week 3: 16-18 reps, Week 4: 18-20 reps Day 3: Pec and Deltoid Power Wide Assisted Grip Push-Up: 3 x 8-10 repetitions Position your hands widths wide than your normal push-up setup. Lateral Delt Raise: 3 x 10-12 repetitions Take a milk jug, phone book or backpack with some weight and perform delt side enhancements. Can flexion replace the bench press?It depends on your goals, but bending is a viable exercise to match the adaptations of the bench press when intensity and volume are counted. The head must remain in a neutral position. Pre-Program: Perform as many normal inflections as possible until the form breaks down.

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