

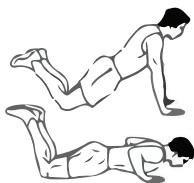
1-MONTH PUSH-UP CHALLENGE PROGRESS CARD

CHOOSE YOUR PUSH-UP STYLE AND FILL IN
HOW MANY YOU DID EACH DAY
(SEE REVERSE FOR STYLE GUIDE)

EXAMPLE: Knee Push-up	1	2	3	4	5	6
10						
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

ELITECLUBS.COM

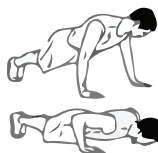
1-MONTH PUSH-UP CHALLENGE STYLE GUIDE



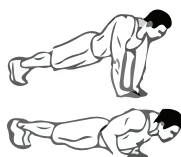
KNEE PUSH-UP



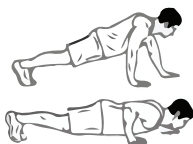
CLASSIC



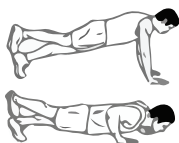
WIDE GRIP



CLOSE GRIP



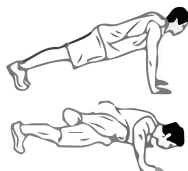
STAGGERED



STACKED



RAISED LEG



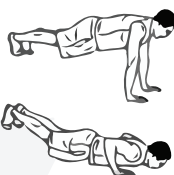
SPIDERMAN



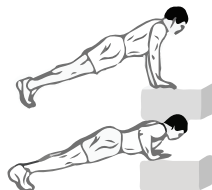
CROSS BODY



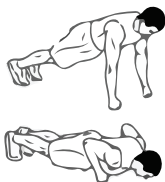
REVERSED



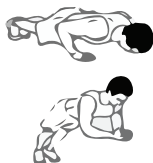
DECLINE



INCLINE



KNUCKLE



CLAPPING



POWER



ONE-ARMED