



House of Courage Karate

Push Up Challenge

Student: _____

Date Beginning: _____ Date Ending: _____

Month 1 MAX _____ Month 2 MAX _____ Month 3 MAX _____

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Sunday												
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
TOTAL												

Month 1 Max _____ x .65 = 65% _____ x .35 = 35% _____ x .25 = 25% _____

Month 2 Max _____ x .65 = 65% _____ x .35 = 35% _____ x .25 = 25% _____

Month 3 Max _____ x .65 = 65% _____ x .35 = 35% _____ x .25 = 25% _____

Max out on pushups at the beginning of the month. Multiply this number by .65, .35, .25 to give you new numbers for your repetitions to do **every other day** of the month. Re-max at the beginning of the next month which should give you a higher number and then re-multiply again to give you new repetition numbers. Repeat for the third month.

EXAMPLE: Max 10 pushups. $10 \times .65 = 6.5$ pushups, $10 \times .35 = 3.5$ pushups, $10 \times .25 = 2.5$ pushups. Round the numbers up. The first day you start you would do 7 pushups/rest 30 secs, 4/rest 30 secs, 3/rest 30 secs.

The winner will receive a trophy with their name on it!