



2017



January Push-up Challenge

New Year, New You...PUSH yourself!

Day 1: 5

Day 2: 8

Day 3: 11

Day 4: 14

Day 5: Rest

Day 6: 15

Day 7: 18

Day 8: 21

Day 9: 24

Day 10: Rest

Day 11: 25

Day 12: 28

Day 13: 31

Day 14: 34

Day 15: Rest

Day 16: 35

Day 17: 38

Day 18: 41

Day 19: 44

Day 20: Rest

Day 21: 45

Day 22: 48

Day 23: 51

Day 24: 54

Day 25: Rest

Day 26: 55

Day 27: 58

Day 28: 61

Day 29: 64

Day 30: Rest

Day 31: 75



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