

WHY PUSH UP? Push ups are one of the foundational movements in functional and strength training. They work the big muscles in the chest and also target the shoulders and back of the upper arms. You also hit the stabilising muscles in the shoulder joint and get a ripper core workout at the same time!

28 DAY PUSH UP CHALLENGE

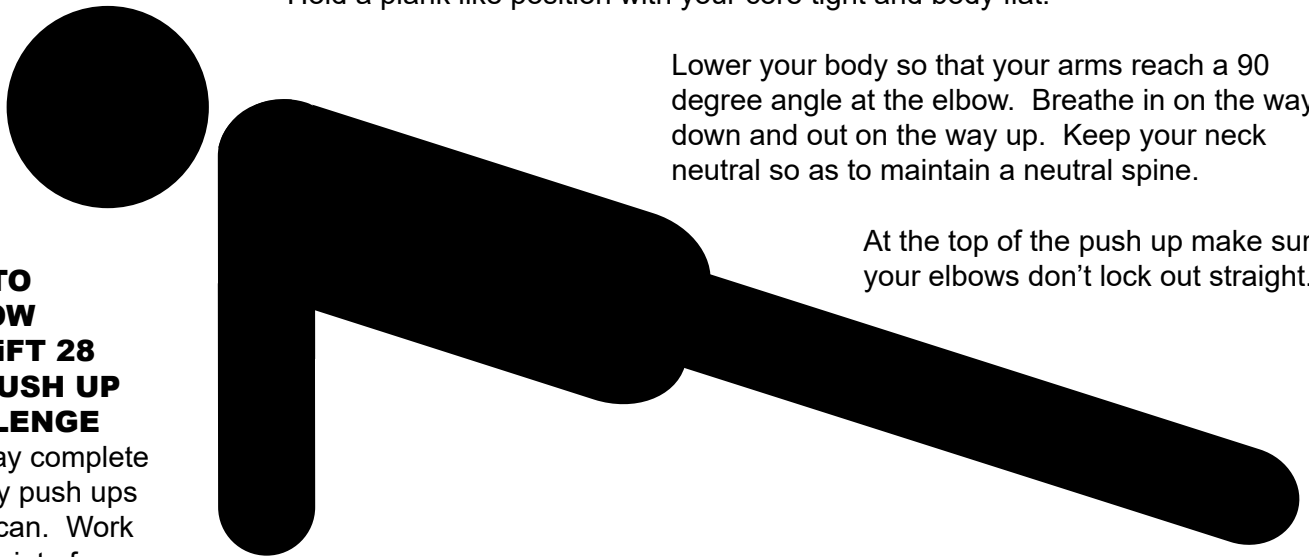
HOW TO DO A PUSH UP

Start on your hands and toes with your hands slightly wider than shoulder width apart, in line with your chest and under your elbows.

Engage your shoulders so they don't roll when completing the exercise. Hold a plank like position with your core tight and body flat.

Lower your body so that your arms reach a 90 degree angle at the elbow. Breathe in on the way down and out on the way up. Keep your neck neutral so as to maintain a neutral spine.

At the top of the push up make sure your elbows don't lock out straight.



HOW TO FOLLOW THE LiFT 28 DAY PUSH UP CHALLENGE

Each day complete as many push ups as you can. Work to the point of failure. The aim is to build up your push ups to see your progression and your maximum after 28 days!

We will have a final push up competition in the gym at the end of the challenge to see who gets crowned push up king and queen.

REST DAYS

As and when you need them. Listen to your body.

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