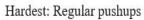
28-					IALLE	
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HOLD A REGULAR Plank as long as Possible.record Your time.	30 SECOND Plank	2 — 30 SECOND Planks	3 – 30 SECOND Planks	4 – 30 SECOND Planks	5 – 30 SECOND Planks	OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
HOLD A REGULAR Plank as long as Possible. Record Your time.	2 – 30 SECOND Planks 30 Seconds MTN Climbers	3 – 30 SECOND Planks 2 – 30 Seconds MTN Climbers	4 – 30 SECOND Planks 3 – 30 Seconds MTN Climbers	5 – 30 SECOND Planks 4 – 30 Seconds MTN Climbers	6 – 30 SECOND Planks 5 – 30 Seconds MTN Climbers	OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
HOLD A REGULAR Plank as long as Possible. Record Your time.	2 – 30 SECOND Planks 30 Second Side Plank (Each Side)	3 – 30 SECOND Planks 2 – 30 Second Side Planks (Each Side)	4 – 30 SECOND Planks 3 – 30 Second Side Planks (Each Side)	5 – 30 SECOND Planks 4 – 30 Second Side Planks (Each Side)	6 – 30 SECOND Planks 5 – 30 Second Side Planks (Each Side)	OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HOLD A REGULAR Plank as long as Possible. Record Your time.	45 SECOND Plank	2 — 45 SECOND Planks	50 SECOND Plank	2 — 50 SECOND Planks	HOLD A REGULAR Plank as long As possible. Record your Time.	1 MINUTE PLANK 1 MINUTE SIDE Plank (Each side) 1 Minute MTN Climbers

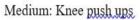
28 DAY PUSH-UP CHALLENGE HTTP://WWW.RUNLIFE365.COM

DAY I	5 KNEELING PUSH-UPS	DAY 15	8 FULL PUSH-UPS 12 KNEELING PUSH-UPS
DAY 2	6 KNEELING PUSH-UPS	DAY 16	9 FULL PUSH—UPS II KNEELING PUSH—UPS
DAY 3	7 KNEELING PUSH-UPS	DAY 17	IO FULL PUSH—UPS IO KNEELING PUSH—UPS
DAY 4	8 KNEELING PUSH-UPS	DA7 18	II FULL PUSH-UPS 9 KNEELING PUSH-UPS
DAY 5	9 KNEELING PUSH-UPS	PI YAD	12 FULL PUSH—UPS 8 Kneeling push—UPS
DAY 6	IO KNEELING PUSH-UPS	DAY 20	13 FULL PUSH—UPS 7 KNEELING PUSH—UPS
DAY 7	REST	DAY 21	REST
8 YAD	2 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 22	14 FULL PUSH—UPS 6 KNEELING PUSH—UPS
P YAD	3 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 23	15 FULL PUSH—UPS 5 KNEELING PUSH—UPS
DAY IO	4 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 24	16 FULL PUSH—UPS 4 KNEELING PUSH—UPS
DAY II	5 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 25	17 FULL PUSH-UPS 3 KNEELING PUSH-UPS
DAY 12	6 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 26	18 FULL PUSH—UPS 2 KNEELING PUSH—UPS
DAY 13	7 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 27	19 FULL PUSH—UPS 1 KNEELING PUSH—UP
DAY 14	REST	DAY 28	20 FULL PUSH-UPS
		HTI	P://WWW.RUNLIFE365.COM











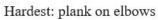


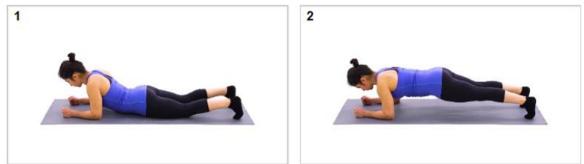
Easier: Incline push ups (hands on a bed, counter, or table)

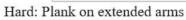


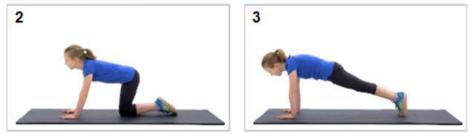
Easiest: Wall <u>push ups</u>

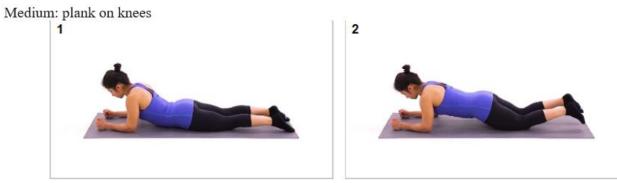












Easier: plank on the counter or table



Easiest: Plank on wall



Alternatives for people who use wheelchairs:

Instead of walking:

- 1. Propel around the house for 10 minutes
- 2. Stand in the standing frame with a staff support
- 3. Lay a mat on the ground for some rolling and crawling
- 4. Dance in your wheelchair for 10 minutes
- Instead of push ups:
 - 1. Shoulder raises
 - 2. Bicep curls
 - 3. Table push ups (wheel up to the table, put the brakes on and do push ups with your
- hands on the table top)
 - 4. Wheelchair press ups
- Instead of planks:
 - 1. Sitting tall with good posture, for as long as you can
 - 2. Seated mountain pose