

2019

January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 Modified Pushup 15 Reps	02 Elbow Plank - 1 minute	03 Modified Negative Pushup 10 Reps	04 High Plank - 60 Seconds	05 Shoulder Tap modified pushup - 15 Reps	06 Rest
07 Side Plank 2x 30 sec each side	08 Tricep Dips - 15 Reps	09 Pushups - 10 Reps	10 Superman Plank - 10 Reps	11 Pushup to Alternate Side planks - 10 Reps	12 Shoulder tap high plank - 1 minute	13 Rest
14 Modified Tricep Pushups - 10 Reps	15 Commando Plank - 10 Reps	16 Modified Hand release pushups - 10 Reps	17 Commando Plank - 10 Reps	18 Negative Pushups - 5 Reps	19 Modified Pushups - 20 Reps	20 Rest
21 Hand Release Pushups - 8-10 Reps	22 Tricep Dips - 2x 15 reps	23 Negative Pushups - 2 sets of 5 reps	24 Side Plank Hip Raises - 15 Reps per side	25 Pushups with rotations - 15 Reps	26 High Plank - 90 seconds	27 Rest
28 Marine Pushups - 10 Reps	29 Tricep Pushups - 10 Reps	30 Pushups - 20 Reps	31	01	02	03