

IT'S PUSH DAY! LET'S GET IT!!

PUSH = PROGRESS

HOW TO PUSH!

Write down 2-3 exercises from your CORE Foundation workout that were the most challenging for you to perform (difficult to perform with correct form or needed rest breaks to complete).

Using those 2-3 exercises either:

- 1) Perform as many reps as you can in 1 minute. Then Repeat 3 more times (i.e Do as many high knees as you can in 1 minute. Take a 30-60 second break. Repeat 2 more times.

OR

- 2) Perform as many rounds as you can in 3 min (i.e. Hold Plank as long as you can, break, & repeat as many as you can in 3 minutes.

Week 1 EXAMPLE

Week	PUSH DAY 1	PUSH DAY 2
1	-Push Up Held max 35 sec each round; x 4 rounds in 3 min -Squats x 20 in 1 min but started having knee pain- work on form	-Push Up Held max 40 sec each round; x 4 rounds in 3 min -Squats increase reps to 30 in 1 min; felt good!
2	-Supermans x 15 reps in 1 min - Side plank held max 25 sec x 3 rounds in 4 min	-Supermans x 20 reps in 1 min - Side plank held max 32 sec x 4 rounds in 4 min

Week	Exercises	Push Day 1	Push Day 2
1			
2			
3			
4			
5			
6			