



PUSH / PULL CHALLENGE

push ups / pull Ups	push ups / pull ups	push ups / pull ups	push ups / pull ups
monday = 38/12	monday = 15/35	monday = 22/38	monday = 11/39
tuesday = 31/19	tuesday = 19/31	tuesday = 25/25	tuesday = 9/41
wednesday= 25/25	wednesday= 28/32	wednesday= 27/33	wednesday= 35/15
thursday = 16/34	thursday = 44/6	thursday = 10/40	thursday = 32/18
friday = 9/44	friday = 9/41	friday = 37/13	friday = 21/39
saturday = 60 push ups	saturday = 70 push ups	saturday = 80 push ups	saturday = 45 push ups
sunday = rest	sunday = rest	sunday = rest	sunday = rest
total = 179 push / 134 pull	total = 185 push / 145 pull	total = 201 push / 149 pull	total = 153 push / 152 pull

Push Ups = 870

Pull Ups = 580