



30-Day Push-Up Challenge

The Wolf Tracks 30-Day Push-Up Challenge is a challenge to push you to some new limits and build your confidence while strengthening your upper body. Push-ups are a great exercise which work the upper body. Depending on the hand and body position, they will emphasize the chest, shoulders, triceps as well as the core muscles. This challenge will introduce you to 30 different push-up positions over 30-days. Some will be easier than others, some you may look at and ask "how." The goal is to do your best and challenge yourself to get out of your comfort zone.

Directions

1. Go to the Wolf Tracks Website. Under the Special Programs tab you will be able to print out the 30-Day Push-Up Challenge tracking sheet.
 - a. <https://wolftracks.massagetherapy.com/special-programs>
2. Read through, then set a goal. Remember, these positions get more challenging throughout the month. While 10 Incline push-ups may be easy and not a challenge, 10 Handstand push-ups will be extremely difficult. **Set your goal wisely.**
 - a. Common goals from other participants
 - i. 10 a day
 - ii. 25 a day
 - iii. Go until fatigue (varying amounts)
3. Perform your push-ups every day and record your results. Also feel free to comment and provide feedback on our Facebook page at <http://facebook.com/wolftracksmassagetherapy>

Resources

- Wolf Tracks has 2 trainers who are available to assist and provide direction and feedback.
 - Jeff Simancek: wolftracks.massagetherapy@gmail.com
 - Dimitri Simancek: scouterdks@gmail.com
 - Please allow 1-2 days for a response
- Videos
 - Wolf Tracks has recorded all the push-up positions in weekly sections. These videos are available to view in the Fitness & Exercise section of our YouTube Channel.
 - <https://youtube.com/wolftracksmassagethe>
- Modifications
 - If push-ups are new to you, it might be best to start on your knees rather than toes
 - In positions where stability is challenged, you may want to widen your stance with you feet. This will help with stability and balance.
 - Medicine Ball Push-Ups can be switched with a Bosu Ball, Balance Disc, or Yoga Block
 - Resist-A-Ball may be replaced with Bosu Ball or bench
 - Handstand Push-Ups may be replaced with decline or pike position
 - TRX may be replaced with Resist-A-Ball