

SEPTEMBER: PUSH-UPS

#pushit

M	Tu	W	Th	Fr	Sa/Su
1 Standard 00:30 <i>Let's go!</i>	2 Spiderman 00:30	3 Staggered Hands 00:30	4 Single-Leg Raised 00:30 <i>You've got this!</i>	5 Explosive 00:30	6 <i>Enjoy the break!</i>
8 Standard 00:30	9 Spiderman 00:30	10 Staggered Hands 00:30 <i>Great job!</i>	11 Single-Leg Raised 00:30	12 Explosive 00:30	13  <i>Treat yo'self</i>
15 Standard 00:30	16 Spiderman 00:30 <i>Keep pushin'!</i>	17 Staggered Hands 00:30	18 Single-Leg Raised 00:30	19 Explosive 00:30	20 <i>Sleep in!</i> 
22 Standard 00:30	23 Spiderman 00:30	24 Staggered Hands 00:30	25 <i>You da bomb!</i> Single-Leg Raised 00:30 	26 Explosive 00:30	27 <i>Relax, have a great weekend!</i>
29 Standard 00:30 <i>Almost there!</i>	30 Spiderman 00:30	<i>Nailed it!</i> <i>#imagreatist</i>			

NOTES