

FEBRUARY 2025 CHALLENGE

NAME _____

PERFORM AT LEAST 40 TRX ATOMIC PUSH-UPS & TRX LOW ROWS EACH DAY. INCREASE YOUR REPETITIONS. VERIFY ENTRIES WITH ATTENDANT AT THE FRONT DESK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 ATOMIC PUSH UPS _____ LOW ROWS _____
2 ATOMIC PUSH UPS _____ LOW ROWS _____	3 ATOMIC PUSH UPS _____ LOW ROWS _____	4 ATOMIC PUSH UPS _____ LOW ROWS _____	5 ATOMIC PUSH UPS _____ LOW ROWS _____	6 ATOMIC PUSH UPS _____ LOW ROWS _____	7 ATOMIC PUSH UPS _____ LOW ROWS _____	8 ATOMIC PUSH UPS _____ LOW ROWS _____
9 ATOMIC PUSH UPS _____ LOW ROWS _____	10 ATOMIC PUSH UPS _____ LOW ROWS _____	11 ATOMIC PUSH UPS _____ LOW ROWS _____	12 ATOMIC PUSH UPS _____ LOW ROWS _____	13 ATOMIC PUSH UPS _____ LOW ROWS _____	14 ATOMIC PUSH UPS _____ LOW ROWS _____	15 ATOMIC PUSH UPS _____ LOW ROWS _____
16 ATOMIC PUSH UPS _____ LOW ROWS _____	17 ATOMIC PUSH UPS _____ LOW ROWS _____	18 ATOMIC PUSH UPS _____ LOW ROWS _____	19 ATOMIC PUSH UPS _____ LOW ROWS _____	20 ATOMIC PUSH UPS _____ LOW ROWS _____	21 ATOMIC PUSH UPS _____ LOW ROWS _____	22 ATOMIC PUSH UPS _____ LOW ROWS _____
23 ATOMIC PUSH UPS _____ LOW ROWS _____	24 ATOMIC PUSH UPS _____ LOW ROWS _____	25 ATOMIC PUSH UPS _____ LOW ROWS _____	26 ATOMIC PUSH UPS _____ LOW ROWS _____	27 ATOMIC PUSH UPS _____ LOW ROWS _____	28 ATOMIC PUSH UPS _____ LOW ROWS _____	

