

# MONTHLY FITNESS CHALLENGE

## Activity - How To

### TRX Atomic Push-UP

Step 1: Place the rings or stirrups 6-12 inches off the ground.

Step 2: Put your feet in the rings and get into push-up position so that only your hands are touching the ground.

Step 3: Lower your chest to the ground.

Step 4: Push back up.

Step 5: Bring your knees into your chest.

Step 6: Push legs back out straight. To complete one repetition.



Step 1



Step 2



Step 3



Step 5



Step 6



Step 4

Work to increase your repetitions.



## FEBRUARY CHALLENGE TRX 40/40

Perform 40 repetitions of TRX Atomic Push-Up and TRX Low Row

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