



Jim Thorpe Fitness Center

TRX 40/40 Challenge Log

FEBRUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Atomic Push Up Low Row	2 Atomic Push Up Low Row	3 Atomic Push Up Low Row
4 Atomic Push Up Low Row	5 Atomic Push Up Low Row	6 Atomic Push Up Low Row	7 Atomic Push Up Low Row	8 Atomic Push Up Low Row	9 Atomic Push Up Low Row	10 Atomic Push Up Low Row
11 Atomic Push Up Low Row	12 Atomic Push Up Low Row	13 Atomic Push Up Low Row	14 Atomic Push Up Low Row	15 Atomic Push Up Low Row	16 Atomic Push Up Low Row	17 Atomic Push Up Low Row
18 Atomic Push Up Low Row	19 Atomic Push Up Low Row	20 Atomic Push Up Low Row	21 Atomic Push Up Low Row	22 Atomic Push Up Low Row	23 Atomic Push Up Low Row	24 Atomic Push Up Low Row
25 Atomic Push Up Low Row	26 Atomic Push Up Low Row	27 Atomic Push Up Low Row	28 Atomic Push Up Low Row	29 Atomic Push Up Low Row		

Perform 40 repetitions of the TRX Atomic Push-Up and TRX Low Row. Record the repetitions, exercise, and days.
Verify entries with attendant at the Jim Thorpe Fitness Center front desk.

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