



Jim Thorpe Fitness Center

TRX 40/40 Challenge Log

FEBRUARY 2023



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				

First day test for maximum effort to set base level. Every 14 days perform a maximum effort test. Work to double your repetitions. Record the repetitions, exercise, and days. Verify entries with attendant at the Jim Thorpe Fitness Center front desk.

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