



Increase the Number of Push-Ups You Can Do

Why Participate?

A fundamental life movement is having the ability to push. Pushing involves either pushing an object or person (in a sport) away from you or having the ability to push away from an object or person. An example is when you have fallen or have been taken down to the ground in sport. Your capacity to get up efficiently is predicated on your pushing strength. The push-up involves having adequate flexibility and mobility in your shoulders and arms and having the strength in the shoulders, arms and core regions.

What Does the Challenge Entail?

The challenge is for the beginner who cannot do a push-up successfully, and also for the intermediate to advanced individual who wants to build the amount they can do.

The challenge lasts four weeks in duration, and involves 5-10 minutes of activity daily. The challenge will include a movement preparation component emphasizing mobility and stability for the shoulder/arm regions and fundamental pushing movements to improve. For the beginner, the challenge is to perform 1 push-up after 4 weeks. For intermediate to advanced participants, you will be asked to increase your reps by 40% in four weeks.

Engage

There is no cost for the challenge and the program will be distributed via our CoachFit App. Simply click "Take The Challenge" on the [webpage](#) to enroll today.

YRewards

In order to earn YRewards points you must take a video of yourself on Week 1 performing push-ups and then again on Week 4.

CoachFit

Download on the app store.