

# # CHANGE CHALLENGE

BUILD CONFIDENCE · LEARN CONSISTENCY · TRANSFORM YOUR LIFE

*- Do 1 Pushup More Than the Day Before -*

## THE GOAL

Demonstrate how consistent daily physical activity can lead to quick increases in strength, muscle, and confidence.

## ACTION ITEMS

- 1** After warming up do as many pushups as you can in 1 set. You can do them in standard fashion, from the knees, or at an incline depending on your current strength (see video lesson).
- 2** Each day add just 1 extra pushup to your set. If you were able to do 5 on day one, then do 6 on day 2, and 7 on day three.
- 3** Pay attention to the changes in your strength and confidence, not just during your workout, but also in how you carry yourself throughout the day.