**PUSHUP/HINDU SQUAT CHALLENGE**

[**https://www.youtube.com/watch?v=LwTGJdnmZWo**](https://www.youtube.com/watch?v=LwTGJdnmZWo)

[**https://www.youtube.com/watch?v=IlYi6p7gjV4**](https://www.youtube.com/watch?v=IlYi6p7gjV4)

**MONTH ONE**

**Use the following calendar to** ✓ **your progress**

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**MONTH TWO**

**Use the following calendar to** ✓ **your progress**

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**Days 1-10**: Do 5 x 10 Push ups followed by 5 x 10 Squats (Total: 50 Push ups/50 Squats)

**Day 11: Rest day**

**Days 12-20:** Do 5 x 15 Push ups followed by 5 x 15 Squats (Total: 75 push up/75 Squats a day)

**Day 21: Rest day**

**Days 22-29:** Do 5 x 20 Push ups followed by 5 x 20 Squats (Total: 100 push ups/100 Squats a day)

**Day 30: Rest day**

**MONTH THREE**

**Use the following calendar to** ✓ **your progress**

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**Days 1-10:** Do 5 x 25 Push ups followed by 5 x 25 Squats (Total: 125 push ups/125 Squats a day)

**Day 11: Rest day**

**Days 12-20:** Do 5 x 30 Push ups followed by 5 x 30 Squats (Total: 150 push ups/150 Squats a day)

**Day 21: Rest day**

**Days 22-29:** Do 5 x 35 Push ups followed by 5 x 35 Squats (Total: 175 push ups a day/175 Squats a day)

**Day 30: Rest day**