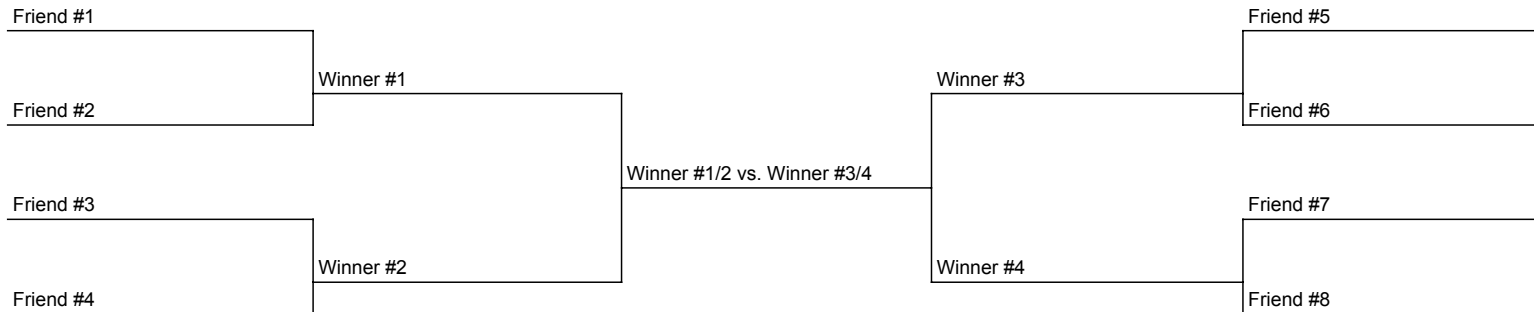




Day 2 - Push Ups



Challenge

Pick 3 times each day to complete the challenges.
 At the end of the week, you will have an overall champion (person with the most wins).
 Make changes and modifications based on ages and abilities.
 Change of who is in the bracket or create your own challenges.
 Visit the Healthy Active Arkansas Facebook page and website for videos.
#KeepMovingAR
 If completing challenge by yourself, see if you can do 2-5 more push-ups every day.

Push-ups Instructions

1. Place hands directly under shoulders.
2. Come up on your toes. To modify, you can keep your knees on the floor.
3. Keep your head in a neutral position (neck not bent but keep straight)
4. Slide your shoulder blades down slightly for stability
5. Feel your belly button pull up toward your spine but do not move your back.
6. As you move, be sure that your back stays straight.
7. How many can you do without rest?

Follow this link for a video demonstration: <https://youtu.be/4kELOGkpmq8>