

BWLW May Push-Up Challenge #BWLWMay

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Goals: 10 pushups for beginners, 20 for intermediate level exercisers and 30 pushups for more advanced people who have more arm strength. That's pushups in a row. You will be committing to doing (or try to do) pushups at least every other day so that you can reach our group goal by the end of the month...or go way beyond it. On days where you don't do pushups, we suggest you do the exercise listed on the calendar for that day (2-3 sets). You can do regular or modified pushups, it's up to you.				1 _____ Pushups or 30 Jumping Jacks	2 _____ Pushups or 24 Mountain Climbers	3 _____ Pushups or High Knees for 30 seconds
4 _____ Pushups or 35 Crunches	5 _____ Pushups or 24 Lunges (12 ea. leg)	6 _____ Pushups or 28 Squats	7 _____ Pushups or 35 Jumping Jacks	8 _____ Pushups or 20 Mountain Climbers	9 _____ Pushups or 30 Bicycle Crunches	10 _____ Pushups or 12 Jump Squats
11 _____ Pushups or 36 Lunges (18 ea. leg)	12 _____ Pushups or 24 Mountain Climbers	13 _____ Pushups or High Knees for 45 seconds	14 _____ Pushups or 40 Jumping Jacks	15 _____ Pushups or 36 Bicycle Crunches	16 _____ Pushups or 30 Squats	17 _____ Pushups or 45 Jumping Jacks
18 _____ Pushups or 40 Crunches	19 _____ Pushups or 38 Lunges (19 ea. leg)	20 _____ Pushups or 28 Mountain Climbers	21 _____ Pushups or High Knees for 1 minute	22 _____ Pushups or 16 Jump Squats	23 _____ Pushups or 40 Bicycle Crunches	24 _____ Pushups or 40 Squats
25 _____ Pushups or 55 Jumping Jacks	26 _____ Pushups or 30 Mountain Climbers	27 _____ Pushups or High Knees for 1 minute	28 _____ Pushups or 50 Crunches	29 _____ Pushups or 40 Lunges (20 ea. leg)	30 _____ Pushups or 60 Jumping Jacks	31 _____ Pushups or 40 Mountain Climbers
Week 1 Personal Best _____ Push-ups	Week 2 Personal Best _____ Push-ups	Week 3 Personal Best _____ Push-ups	Week 4 Personal Best _____ Push-ups	Week 5 Personal Best _____ Push-ups	Get the Full May Challenge Details at BlackWeightLossSuccess.com Instagram: @blackwomenlosingweight	

Do the best you can and make modifications. If you start with one pushup and in 31 days you can do 6, that is progress.

***Disclaimer:** Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. **Do not participate** if you have past or current injuries that could be worsened, are pregnant, have knee issues or are suffering neck and back pain. Don't forget to stretch before and after working out to avoid injuries.