30-day challenge

X

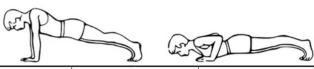


push-ups at Sea

HELP US GET ALL SEAFARERS ON BOARD THE PUSH-UPS SHIP!

- 1. Get 3 of your colleagues and tell them they can't beat you in push-ups.
- 2. Remove this page from the magazine and hang it somewhere visible to all.
- 3. Gently begin Day 1 with a few push-ups four times during the day and increase the amount of repetitions each day.
- 4. Once you have completed your daily routine X your name on the list.
- 5. When you reach Day 30 you will now be able to do 50 push-ups. Well done!

Record your push-ups and send us the video to dn@seahealth.dk and we'll post it on our SEAHEALTH Facebook-page.



Ready, set, go!	Sets of push-ups	Name:	Name:	Name:	Name:
Day 1	2+2+4+4				
Day 2	3+3+6+6				
Day 3	4+6+8+6				
Day 4	8+6+4+6				
Day 5	10+8+6+4				
Day 6	5+5+2+4				
Day 7	2+2+4+2				
Day 8	6+8+10+2				
Day 9	8+10+12+8				
Day 10	4+8+4+8				
Day 11	12+8+10+6				
Day 12	16+8+6+8				
Day 13	14 + 12 + 14 + 12				
Day 14	5+8+5+10				
Day 15	10 + 15 + 10 + 15				
Day 16	5 + 10 + 5 + 5				
Day 17	20 + 10 + 10 + 8				
Day 18	8+15+8+8				
Day 19	15 + 10 + 15 + 5				
Day 20	10 + 20 + 10 + 8				
Day 21	10 + 14 + 18 + 10				
Day 22	20 + 5 + 5 + 5				
Day 23	10 + 20 + 10 + 10				
Day 24	5+10+5+10				
Day 25	25 + 15 + 15 + 10				
Day 26	25 + 15 + 15 + 10				
Day 27	10+10+20+8				
Day 28	30 + 5 + 5 + 5				
Day 29	15 + 15 + 15 + 15				
Day 30	50 push-ups in one go				