



30-day challenge

50

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				