

MDF Push-Up Challenge: Thursday, July 8 - Saturday, October 16

The Rules

- * Sign up ends Friday, July 23
- * Knee or toe push-ups allowed
- * Start with arms perpendicular to the ground with straight elbows
- * Chest-to-ground
- * Elbow next to ribs until you can do 20 toe push-up in a row
- * Full elbow extension
- * Full hip and knee extension throughout rep
- * Head neutral to spine
- * Broken sets allowed and encouraged after day 20
- * Spread make-up reps over 3 days

Date	Daily	Total
Thursday, July 8, 2010	1	1
Friday, July 9, 2010	2	3
Saturday, July 10, 2010	3	6
Sunday, July 11, 2010	4	10
Monday, July 12, 2010	5	15
Tuesday, July 13, 2010	6	21
Wednesday, July 14, 2010	7	28
Thursday, July 15, 2010	8	36
Friday, July 16, 2010	9	45
Saturday, July 17, 2010	10	55
Sunday, July 18, 2010	11	66
Monday, July 19, 2010	12	78
Tuesday, July 20, 2010	13	91
Wednesday, July 21, 2010	14	105
Thursday, July 22, 2010	15	120
Friday, July 23, 2010	16	136
Saturday, July 24, 2010	17	153
Sunday, July 25, 2010	18	171
Monday, July 26, 2010	19	190
Tuesday, July 27, 2010	20	210
Wednesday, July 28, 2010	21	231
Thursday, July 29, 2010	22	253
Friday, July 30, 2010	23	276
Saturday, July 31, 2010	24	300
Sunday, August 1, 2010	25	325
Monday, August 2, 2010	26	351
Tuesday, August 3, 2010	27	378
Wednesday, August 4, 2010	28	406
Thursday, August 5, 2010	29	435
Friday, August 6, 2010	30	465
Saturday, August 7, 2010	31	496
Sunday, August 8, 2010	32	528
Monday, August 9, 2010	33	561
Tuesday, August 10, 2010	34	595
Wednesday, August 11, 2010	35	630
Thursday, August 12, 2010	36	666
Friday, August 13, 2010	37	703
Saturday, August 14, 2010	38	741
Sunday, August 15, 2010	39	780
Monday, August 16, 2010	40	820
Tuesday, August 17, 2010	41	861
Wednesday, August 18, 2010	42	903
Thursday, August 19, 2010	43	946
Friday, August 20, 2010	44	990
Saturday, August 21, 2010	45	1035
Sunday, August 22, 2010	46	1081

Date	Daily	Total
Monday, August 23, 2010	47	1128
Tuesday, August 24, 2010	48	1176
Wednesday, August 25, 2010	49	1225
Thursday, August 26, 2010	50	1275
Friday, August 27, 2010	51	1326
Saturday, August 28, 2010	52	1378
Sunday, August 29, 2010	53	1431
Monday, August 30, 2010	54	1485
Tuesday, August 31, 2010	55	1540
Wednesday, September 1, 2010	56	1596
Thursday, September 2, 2010	57	1653
Friday, September 3, 2010	58	1711
Saturday, September 4, 2010	59	1770
Sunday, September 5, 2010	60	1830
Monday, September 6, 2010	61	1891
Tuesday, September 7, 2010	62	1953
Wednesday, September 8, 2010	63	2016
Thursday, September 9, 2010	64	2080
Friday, September 10, 2010	65	2145
Saturday, September 11, 2010	66	2211
Sunday, September 12, 2010	67	2278
Monday, September 13, 2010	68	2346
Tuesday, September 14, 2010	69	2415
Wednesday, September 15, 2010	70	2485
Thursday, September 16, 2010	71	2556
Friday, September 17, 2010	72	2628
Saturday, September 18, 2010	73	2701
Sunday, September 19, 2010	74	2775
Monday, September 20, 2010	75	2850
Tuesday, September 21, 2010	76	2926
Wednesday, September 22, 2010	77	3003
Thursday, September 23, 2010	78	3081
Friday, September 24, 2010	79	3160
Saturday, September 25, 2010	80	3240
Sunday, September 26, 2010	81	3321
Monday, September 27, 2010	82	3403
Tuesday, September 28, 2010	83	3486
Wednesday, September 29, 2010	84	3570
Thursday, September 30, 2010	85	3655
Friday, October 1, 2010	86	3741
Saturday, October 2, 2010	87	3828
Sunday, October 3, 2010	88	3916
Monday, October 4, 2010	89	4005
Tuesday, October 5, 2010	90	4095
Wednesday, October 6, 2010	91	4186
Thursday, October 7, 2010	92	4278
Friday, October 8, 2010	93	4371
Saturday, October 9, 2010	94	4465
Sunday, October 10, 2010	95	4560
Monday, October 11, 2010	96	4656
Tuesday, October 12, 2010	97	4753
Wednesday, October 13, 2010	98	4851
Thursday, October 14, 2010	99	4950
Friday, October 15, 2010	100	5050
Saturday, October 16, 2010	101	5151