

April 2022 Push-Up Focus



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3 Week 1 Begin	4 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	5	6 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	7	8 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	9
10 Week 2 Build	11 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	12	13 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	14	15 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	16
17 Week 3 Advance	18 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	19	20 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	21	22 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Round 1 <input type="checkbox"/> Round 2 <input type="checkbox"/> Round 3	23
24 Week 4 Put it Together	25 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Max Push-Ups # _____	26	27 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Max Push-Ups # _____	28	29 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Max Push-Ups # _____	30