

FITMUMS & FRIENDS PRESS-UP CHALLENGE 2025



	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week
Monday	Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:	
Tuesday		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:
Wednesday	Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:	
Thursday		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:
Friday	Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:	
Saturday		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:
Sunday	Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:		Level: Reps: Sets:	