



## STUDENT 30-DAY PUSH-UP CHALLENGE

### 10 PRACTICALLY PERFECT PUSH-UPS!

- **The Goal:** 10 Practically Perfect Push-Ups
- **Schedule:** Train Monday to Friday. Rest Saturday and Sunday.
- **Focus:** Build core stability, shoulder strength, and excellent technique

TODAY'S TRAINING PREPARES YOU FOR TOMORROW'S CHALLENGES

## My Challenge Pledge

Key principles of Black Belt are Integrity and Dedication. Making a decision and sticking to it as well as keeping your word to yourself and others is a critical trait of a martial artist and future Black Belt!

### The Aurora Martial Arts Push-Up Challenge.

I, \_\_\_\_\_, Pledge to give my best effort every single day of the 30 Day Push-Up Challenge. My goal is to be able to complete one set of 10 Practically Perfect Push-Ups by July 31, 2026. I will train with focus and intensity, rise when I stumble, and honor my pledge to complete this challenge.

I understand that I may run into challenges, I might be tired or sore, I may feel like giving up. I will not Quit! I am a martial artist, a Black Belt in the making, and I will have an attitude of Black Belt Excellence!

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness (Parent): \_\_\_\_\_ Date: \_\_\_\_\_


#### ★ First Task

The first task to complete is to figure out your starting point. Do one set of push-up and record the number.

Number of Push-Ups: \_\_\_\_\_ Quality of Push-Ups: Awesome Good Almost There Need Work


#### ★ MY CHALLENGE GOALS

Champions don't just show up — they show up with a purpose. Fill in your goals before Day 1 and come back to read them whenever you feel like quitting.

 My goal for the end of this challenge:


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 Why this challenge matters to me:

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 My support team (who will cheer me on):

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 How I'll celebrate completing the challenge:

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★ AURORA STUDENT CREED

I will work to improve my mind, my body and my attitude through positive actions.

I will develop self-discipline to help me reach my potential.

I will use my skills with respect and responsibility to help myself and others.

I will train with intensity and focus.

◆ WARRIOR TIP

Read your creed out loud every morning before you do your push-ups.

Words shape mindset — and mindset shapes champions!

★ Aurora Values I'll Practice This Month

Check the box each week you lived this value — and write one way you showed it!

◆ HONOR  Week 1  Week 2  Week 3  Week 4

Doing the right thing even when no one is watching — including doing your push-ups every day!

This week I showed Honor by:

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◆ INTEGRITY  Week 1  Week 2  Week 3  Week 4

Being honest about your reps — writing down your true number, not a number that sounds good.

This week I showed Integrity by:

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◆ DEDICATION  Week 1  Week 2  Week 3  Week 4

Showing up every single day, even when tired, busy, or not feeling 100%.

This week I showed Dedication by:

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◆ INDOMITABLE SPIRIT  Week 1  Week 2  Week 3  Week 4

Never giving up — even on the hard days. Rising every time you fall. The spirit that cannot be broken.

This week I showed Indomitable Spirit by:

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★ REMEMBER THIS

Goals without action are just wishes. Your action starts on July 1st. Let's GO!

★ HOW TO DO A PERFECT PUSH-UP

Every rep counts — but only when your form is right. Study these steps and practice them before Day 1. A Black Belt does things the right way, not just the fast way.

Step-by-Step Form Guide – A Practically Perfect Push-Up

STEP 1 — START POSITION (Top Plank)

**What to do:** Place your hands flat on the floor, shoulder-width apart, fingers pointing forward. Extend arms fully. Keep your body in a straight plank — head, back, hips, and heels all in one line. Feet together or slightly apart.

**Picture it:** Imagine a board balanced on two saw-horses — that's your body. No sagging hips, no raised backside!

**Cue:** "Core tight! Eyes forward!"

STEP 2 — LOWER (Controlled Descent)

**What to do:** Bend your elbows slowly at a 45° angle to your body (not flared out to the sides). Lower your chest until it is about 2 inches from the ground. Keep your body plank-straight the entire way down. Do NOT let your hips drop or your head droop.

**Picture it:** Like an elevator — smooth, controlled, level all the way down.

**Cue:** "Breathe IN on the way down!"

STEP 3 — PUSH (Power Drive)

**What to do:** Drive your hands firmly into the ground and extend your arms explosively but smoothly. Push until arms are fully straight — no bent elbows at the top!

**Picture it:** Push the floor away from you, not yourself away from the floor.

**Cue:** "Breathe OUT on the push! Drive!"

STEP 4 — RESET (Top Plank Lock)

**What to do:** At the top, squeeze your core and glutes for a brief moment. Lock your plank position. Then begin the next rep. Each rep is its own practically perfect movement.

**Cue:** "Lock it. Breathe. Reset. GO!"

## Week One – Foundation & Form

Focus: Alignment, Core Activation, Wrist Comfort, Slow Reps.

### Push-Up Challenge – July 2026

- **The Goal:** 10 Practically Perfect Push-Ups
- **Schedule:** Train Monday to Friday. Rest Saturday and Sunday.
- **Focus:** Build core stability, shoulder strength, and excellent technique

**Warm Up** - Each training day will start with a brief warm-up followed by the daily routine.

- 25 Jumping Jacks or 30 seconds of Jumping Rope
- Wrist Mobility: Waive & Circle – 10 counts

#### Starting Point:

Number of Push-Ups: \_\_\_\_\_ Quality of Push-Ups: Awesome Good Almost There Need Work

#### Monday

- Push-Up Position Holds ▶ 3×20 seconds
- Incline Push-Ups ▶ 2×5
- Plank ▶ 2×20 seconds

Completed			Bonus	

#### Tuesday

- Kneeling Push-Ups ▶ 3×5
- Shoulder Taps ▶ 2×10
- Cobra Stretch ▶ 1×20 seconds

Completed			Bonus	

#### Wednesday

- Negative Push-Ups (slow) ▶ 3×4
- Dead Bug Core ▶ 2×10
- Kneeling Push-Ups ▶ 2×5

Completed			Bonus	

#### Thursday

- Kneeling Push-Ups ▶ 3×5
- Plank ▶ 2×25 seconds
- Chest Stretch ▶ 1×20 seconds

Completed			Bonus	

#### Friday

- Form Check ▶ Have a training partner or parent honestly check your form (1 standard push-up)
- Negative Push-Ups (slow) ▶ 3×5
- Active Plank ▶ 1×20 seconds

How did the week go? \_\_\_\_\_

★ REMEMBER – Good quality push-ups are the goal. Focus on quality over numbers!

## Week Two – Strength & Stability

Focus: Controlled Reps, Consistent Form, Shoulder Stability.

**Warm Up** - Each training day will start with a brief warm-up followed by the daily routine.

- 25 Jumping Jacks or 30 seconds of Jumping Rope
- Wrist Mobility: Waive & Circle – 10 counts
- Shoulder Shrug – 10 counts

### Monday

- Kneeling Push-Ups ▶ 2×5
- Standard Push-Ups ▶ 2×3
- Shoulder Tap ▶ 2×10
- Plank ▶ 1×30 seconds

Completed			Bonus	
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### Tuesday

- Negative Push-Ups (slow) ▶ 3×5
- Kneeling Push-Ups ▶ 2×10
- Cobra Stretch ▶ 20 seconds

Completed			Bonus	
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Wednesday

- Standard Push-Ups ▶ 4×3
- Dead Bug Core ▶ 2×10
- Active Plank ▶ 1×20 seconds

Completed			Bonus	
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### Thursday

- Incline Push-Ups ▶ 3×7
- Plank ▶ 1×30 seconds
- Hollow Hold ▶ 1×20 seconds

Completed			Bonus	
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### Friday


- Progress Check ▶ Progress check #1- Goal: 5 Practically Perfect Push-Ups
- Form Check ▶ Have a training partner or parent check your form
- Active Plank ▶ 1×20 seconds

Progress Check: Total Push-Ups \_\_\_\_\_ Quality    Awesome    Good    Almost There    Need Work

WEEK 2 REFLECTION: What was my hardest day and how did I push through?

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 **WARRIOR REMINDER:** Soreness means your muscles are growing. Embrace the feeling — that's your body getting stronger. Keep that "I Can" attitude!

## Week Three – Power & Endurance

Focus: More Reps, More Control, Martial Arts Breathing.

**Warm Up** - Each training day will start with a brief warm-up followed by the daily routine.

- 25 Jumping Jacks or 30 seconds of Jumping Rope
- Wrist Mobility: Waive & Circle – 10 counts
- Shoulder Shrug – 10 counts

### Monday

- Superman Push-Ups ▶ 2×3
- Hollow Hold ▶ 1×25 seconds
- Standard Push-Ups ▶ 3×4
- Shoulder Tap ▶ 2×15

Completed				Bonus	

### Tuesday

- Negative Push-Ups (slow) ▶ 3×6
- Kneeling Push-Ups ▶ 2×12
- Cobra Stretch ▶ 1×25 seconds

Completed				Bonus	

### Wednesday

- Standard Push-Ups ▶ 5×4
- Dead Bug Core ▶ 2×15
- Active Plank ▶ 1×25 seconds

Completed				Bonus	

### Thursday

- Incline Push-Ups ▶ 3×8
- Plank ▶ 1× 35 seconds
- Hollow Hold ▶ 1×20 seconds

Completed				Bonus	

### Friday

- Progress Check ▶ Progress Check #2 Goal: 8 Total Practically Perfect Push-Ups
- Form Check ▶ Have a training partner or parent check your form
- Active Plank ▶ 1×20 seconds


Progress Check: Total Push-Ups \_\_\_\_\_ Quality    Awesome    Good    Almost There    Need Work

WEEK 3 REFLECTION: How have I grown stronger — body AND mind?

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 **WARRIOR REMINDER:** Compare yourself only to who you were on Day 1. That is your competition!

## Week Four – Pursuing Excellence

Focus: Clean Reps, Martial Arts Discipline, Final Push.

**Warm Up** - Each training day will start with a brief warm-up followed by the daily routine.

- 25 Jumping Jacks or 30 seconds of Jumping Rope
- Wrist Mobility: Waive & Circle – 10 counts
- Shoulder Shrug – 10 counts

### Monday

- Standard Push-Ups ▶ 4×5
- Hollow Hold ▶ 1×25 seconds
- Superman Push-Ups ▶ 3×5
- Shoulder Tap ▶ 2×15

Completed				Bonus	

### Tuesday

- Negative Push-Ups (slow) ▶ 3×8
- Kneeling Push-Ups ▶ 2×15
- Cobra Stretch ▶ 1×25 seconds

Completed				Bonus	

### Wednesday

- Standard Push-Ups ▶ 5×5
- Dead Bug Core ▶ 2×20
- Active Plank ▶ 1×25 seconds

Completed				Bonus	

### Thursday

- Standard Push-Ups ▶ 2×8
- Plank ▶ 1× 45 seconds
- Hollow Hold ▶ 1×20 seconds

Completed				Bonus	

### Friday

- Goal Check ▶ Unleash Your Power. 10 Practically Perfect Push-Ups
- Form Check ▶ Have a training partner or parent check your form
- Instructor Check ▶ Demonstrate your Awesome Push-Ups next class

 **FINAL DAY BATTLE CRY!** Time for 10 Practically Perfect Push-Ups. ONE at a time, your best effort. GO GET IT!

Goal Check: Total Push-Ups \_\_\_\_\_ Quality    Awesome    Good    Almost There    Need Work

WEEK 4 REFLECTION: How have I changed / improved since Day 1?

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