

Month of July Fitness Challenge



HAND RELEASE PUSH UP CHALLENGE

**2 Minutes
Timed**



**4 Step
Movement
Cycle**

- 1) The Push-Up**
- 2) The Descent**
- 3) The Hand Release**
- 4) Reset**

Patrons must complete as many perfect repetitions as possible while strictly adhering to four-step movement cycle.

Fitness Center - 961-3164



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