

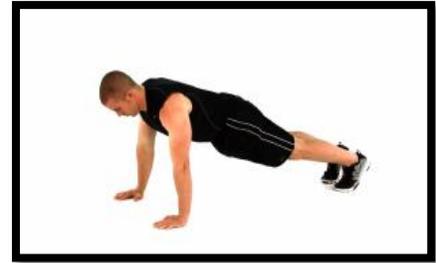


# 100 Pushups Challenge

## Final Test

If you're reading this page you should be very proud of your achievements and ready for one final test. As you're well aware, the program you've been following is called 100 Pushups Challenge and that's what this final test is all about.

To perform the test, simply execute as many good-form pushups as you can. If you've completed the program with no cheating and no short cuts, experience has shown that you should be strong enough to perform one hundred consecutive pushups!



**Perform as many good-form pushups as you can.**

After completing Week 6 of the program, treat yourself to a day or two of rest. Eat well and maintain good hydration. Try not to perform any exercises or tasks around the home that will drain you of energy - you'll need every ounce of strength to meet your goal. Ready?

Take your time, don't rush and focus on performing ten pushups at a time. Breaking the magic hundred into smaller chunks will make the goal more achievable and give you more chance of success. Maintain good form and don't hold your breath. It sounds simple, but just take it one pushup at a time until you reach one hundred! If you start to feel shaky, take a few deep breaths and regain your composure before starting again. Good luck - I know you can do it!!

How did you do? If you did it, then you are now among an elite few and proud Pima County employees who can do 100 consecutive pushups. You may have noticed some pretty significant changes to your body – your chest will be more defined, shoulders broader and arms toned and hard. Your abdominal muscles should be firmer, posture more upright and your energy level higher.

Just in case you didn't manage all 100 pushups, I would suggest going back a couple of weeks in the program and building up your strength again. Maybe Week 5 or Week 6 would be good for you and help regain your confidence? Don't give up though; you're closer than you think!

