

Pushing 40

Consistency builds strength.

MONTH

YEAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WHAT IS PUSHING 40?

“Pushing 40” is a simple, no-fuss workout built around the number 40. It’s 40 seconds or 40 reps of basic movements like **plank, push-ups, crunches, squats, leg lifts, heel lifts, and side bends**. You don’t need equipment, a gym, or even a full hour to do it.

At its core, “Pushing 40” is about showing up for yourself in a way that’s doable. Because real strength doesn’t come from perfection, it comes from consistency.