

EBook 1 - Basic Training

Intentional Encounter Intro

Do you live to exercise? Unless you are an elite athlete then your answer is likely no. For most, we exercise to live. We want to improve our quality of life. The emphasis of functional fitness is to train and develop your muscles to make it easier to perform every day activities, such as carrying groceries or playing a game of football with your kids.

The following fitness program is designed using functional movements, but can be done in your own home in a short amount of time. This program is accessible without any equipment, while promoting increased strength and mobility that you will need for more intense workouts down the road. Consider this your launching point to create new healthy habits and self-mastery in order to live full, active lives.

We have found for accountability reasons it is most effective to track and log your times or rounds of each workout to share with your Exodus brothers. Be Strong. Be Holy.

Intentional Encounter Workout Program – These exercises can be done in your bedroom or closet at home.

Key Terms:

Here are some acronyms and key terms that you will see during these workouts:

For time – Do the prescribed work as quickly as you can while maintaining good form. Keep track of the time it takes you to complete the workout.

Hand Release Push-up – Hand Release Push-up is done by picking both hands off of the ground in the down or rest position. This helps to ensure full range of motion and core strength development.

Air Squat – Body weight squat

Sit-up/Crunch – If a sit-up is too difficult then continue to do crunches until you develop enough core strength to do a full sit-up. AbMats can also be helpful for this movement.

Walking Lunge – Each step counts as a repetition. Aim at full range of motion and keep your chest up.

Mountain Climbers 2 Count – After each leg has been raised you will count 1 repetition.

Flutter Kicks (4 Count) – Every 4th kick counts as one repetition

Plank Hold – Completed by holding your body in a push-up position with both elbows extended and your back straight.

Rounds – The Completion of each exercise and repetition pattern counts as 1 round

AMRAP – As Many Rounds as Possible. Complete as many rounds in the amount of time provided

EMOM – Every Minute on the Minute. Complete given movements within a minute and then rest until the next minute begins and then start the exercises again. Repeat this pattern until the given time has expired.

Active Rest: Even though you aren't performing a prescribed workout on these days you should aim to maintain an active lifestyle. Throw the ball with your kids, take a walk with you wife, or go for a jog with your dog.

Demonstration Videos and BTWB Description Standards

Hand Release Push-Ups - https://www.youtube.com/watch?v=kHtt49_Pljw

Air Squats - https://www.youtube.com/watch?v=a_fb6Kz7FQg

Sit-up (butterfly) - <https://www.youtube.com/watch?v=HghGGudXuGM>

Crunch - <https://www.youtube.com/watch?v=zKYqEsVfEnU>

Walking Lunge - https://www.youtube.com/watch?v=JRh6_4rq-b8

Jumping Jack - https://www.youtube.com/watch?v=dmYwZH_BNd0

Mountain Climbers 2 Count - <https://www.youtube.com/watch?v=1J4hRICVjRo>

Plank Hold - <https://www.youtube.com/watch?v=bXu1lY5Lkyl>

Squat Hold - <https://www.youtube.com/watch?v=2IRnH8ygiXs>

Close Grip Push Up - <https://www.youtube.com/watch?v=1X5jcVvkgk>

Flutter Kicks (4 Count) - <https://www.youtube.com/watch?v=VoHnFoltddg>

Bench Dip - <https://www.youtube.com/watch?v=tniNK2ma9l0>

Week 1:

Day 1:

For time:

10 Hand Release Push-Ups

10 Air Squats

10 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch - <https://www.youtube.com/watch?v=hSaqjF0dMMg>

Samson Stretch - https://www.youtube.com/watch?v=lQhBLId_y6s

Seated Hamstring Stretch - <https://www.youtube.com/watch?v=0bawcXPjYso>

Day 2:

For time:

12 Hand Release Push-Ups

12 Air Squats

12 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Day 3:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 4:

For time:

14 Hand Release Push-Ups

14 Air Squats

14 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Day 5:

For time:

16 Hand Release Push-Ups

16 Air Squats

16 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Day 6:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 7:

For time:

18 Hand Release Push-Ups

18 Air Squats

18 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Day 8:

For time:

20 Hand Release Push-Ups

20 Air Squats

20 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Day 9:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 10:

3 Rounds for time:

5 Air Squats

10 Hand Release Push-Ups

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Pass Throughs with a broom handle (10x) - <https://www.youtube.com/watch?v=bTMfyDbs2ZI>

Day 11:

2 round for time:

10 Sit-up (butterfly)/Crunch

10 Air Squats

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Pass Throughs with a broom handle (10x)

Day 12:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 13:

3 Rounds for time:

5 Sit-up (butterfly)/Crunch

10 Hand Release Push-Ups

15 Air Squats

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Pass Throughs with a broom handle (10x)

Day 14:

4 round for time:

5 Hand Release Push-Ups

5 Sit-up (butterfly)/Crunch

5 Air Squats

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Pass Throughs with a broom handle (10x)

Day 15:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 16:

3 Rounds for time:

10 Sit-up (butterfly)/Crunch

10 Hand Release Push-Ups

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Pass Throughs with a broom handle (10x)

Day 17:

2 Rounds for time:

12 Air Squats

12 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Seated Hamstring Stretch

Pass Throughs with a broom handle (10x)

Day 18:

Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 19:

As Many Rounds as Possible (AMRAP) in 5 minutes:

5 Hand Release Push-Ups

5 Air Squats

5 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5 - <https://www.youtube.com/watch?v=9ij-HHtOF3I>

Pass Throughs with a broom handle (10x)

Day 20:

3 Rounds for time:

8 Sit-up (butterfly)/Crunch

10 Air Squats

12 Hand Release Push-Ups

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 21:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 22:

4 Rounds for time:

10 Hand Release Push-Ups

10 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 23:

AMRAP in 6 min:

6 Hand Release Push-Ups

6 Air Squats

6 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 24:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 25:

3 Rounds for time:

14 Hand Release Push-Ups

12 Air Squats

10 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 26:

AMRAP in 5 min:

8 Hand Release Push-Ups

8 Air Squats

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 27:

Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 28:

3 Rounds for time:

10 Hand Release Push-Ups

10 Walking Lunge

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 29:

3 Rounds for time:

20 Jumping Jack

10 Sit-up (butterfly)/Crunch

5 Hand Release Push-Ups

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 30:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 31:

AMRAP in 5 min:

20 Mountain Climbers 2 Count

10 Air Squats

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Samson Stretch

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 32:

10, 9, 8, 7.....1 reps for time:

Hand Release Push-ups

Air Squats

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Spiderman Stretch x 6 - <https://www.youtube.com/watch?v=WtvAwdAsbl8>

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 33:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 34:

3 Rounds for time:

10 Walking Lunge

20 Jumping Jacks

:30 second Plank Hold

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Spiderman Stretch x 6

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 35:

5 Rounds for time:

5 Hand Release Push-ups

5 Air Squats

5 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Spiderman Stretch x 6

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 36:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 37:

AMRAP in 12 min:

9 Hand Release Push-ups

12 Air Squats

15 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Spiderman Stretch x 6

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 38:

4 Rounds for time:

20 Mountain Climbers 2 Count

10 Hand Release Push-ups

5 Squat Hold (:20 second hold in the down position)

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Spiderman Stretch x 6

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 39:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 40:

AMRAP in 12 min:

10 Hand Release Push-ups

15 Air Squats

20 Sit-up (butterfly)/Crunch

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Spiderman Stretch x 6

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 41:

3 Rounds for time:

25 Mountain Climbers 2 Count

40 Air Squats

Stretches: (:30 on/:30 off each side) x 3

Tricep Stretch

Spiderman Stretch x 6

Inch Worm Stretch x 5

Pass Throughs with a broom handle (10x)

Day 42:

Active Rest – Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 43:

Mobility: Spiderman stretch, Inch Worm, hold a squat for :15 sec on/:15 off x 5, Shoulder Circles

AMRAP in 12 min:

200m run

15 Sit-up (butterfly)/Crunch

15 Air Squats

Day 44:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

4 Rounds for time:

10 Hand Release Push-ups

20 Walking Lunge

10 Mountain Climbers 2 Count

Day 45:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

200m Run, then:

3 Rounds for time:

18 Air Squats

15 Hand Release Push-ups

Then, 200m Run

****Begin and end this workout with the run (Book End)**

Day 46:

Active Rest - Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 47:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

Every Minute on the Minute (EMOM) for 10 min:

5 Air Squats

8 Hand Release Push-ups

****This means that you must perform 5 squats and 8 HR Push-ups at the top or beginning of each minute for 10 minutes**

Day 48:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 12 min:

200m run

20 Walking Lunge

10 Hand Release Push-ups

Day 49:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 50:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

3 Rounds for time:

200m Run

15 Hand Release Push-ups
20 Sit-up (butterfly)/Crunch

Day 51:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

21-15-9 reps for time: (21 Squats, 21 HR Push-ups, 15 Squats, 15 HR Push-ups, etc.)

Air Squats

Hand Release Push-ups

Day 52:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

3 Rounds for time:

200m Run

1:00 Plank Hold

10 Air Squats

Day 53:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 54:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

EMOM for 10 min:

10 Sit-up (butterfly)/Crunch

5 Hand Release Push-ups

Day 55:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

Run, Swim or Bike for 10 min, then

2 Rounds for time:

10 Hand Release Push-ups

20 Walking Lunge

Day 56:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 57:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 10 min:

8 Hand Release Push-ups

12 Air Squat

16 Sit-up (butterfly)/Crunch

Day 58:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

3 Rounds for time:

200m Run

45 Seconds of Hand Release Push-ups

45 Seconds of Air Squats

Day 59:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

200m Max Effort Run for time x4 (Rest 1:00 between efforts)

Day 60:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 61:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 12 min:

5 Hand Release Push-ups

15 Air Squats

25 Mountain Climbers 2 Count

Day 62:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

3 Rounds for time:

10 Hand Release Push-ups

50 Jumping Jacks

200m Run

Day 63:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 64:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

3 Rounds for time:

400m Run

20 Walking Lunge

15 Close Grip Push Up

Day 65:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 10 min:

30 second Plank Hold

15 Sit-up (butterfly)/Crunch

15 Air Squats

Day 66:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

Tabata intervals (20 seconds of work followed by 10 seconds of rest, repeated 8 times) is applied in turn to the squat, rower, pull-ups, sit-ups and push-ups with a 1-minute rotation break between exercises.

Air Squats

Sit-up (butterfly)/Crunch

Hand Release Push-up

**A total score is determined by adding up the lowest number of reps in any set of each exercise.

Day 67:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 68:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 10 min:

10 Flutter Kicks (4 Count)

10 Air Squats

10 Hand Release Push-ups

Day 69:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

Run, bike, or swim for 20 minutes

Then,

Max Effort:

Hand Release Push-ups in 1:00

Sit-up (butterfly)/Crunch in 1:00

Air Squats in 1:00

Rest 1:00 between each movement.

Day 70:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 71:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 10 min:

20 Hand Release Push-ups

200m Run

20 Sit-up (butterfly)/Crunch

Day 72:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

4 Rounds for time:

20 Mountain Climbers

15 Walking Lunge 2 Count

10 Close Grip Push-ups

Day 73:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

EMOM for 15 minutes:

5 Hand Release Push-ups

5 Air Squats

5 Sit-up (butterfly)/Crunch

Day 74:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 75:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

4 Rounds for time:

:30 Flutter Kicks (4 Count)

:30 Rest

:30 Hand Release Push-ups

:30 Rest

:30 Air Squats

:30 Rest/Repeat

Day 76:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

4 rounds for time

200m Run

12 Hand Release Push-ups

12 Sit-up (butterfly)/Crunch

Day 77:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 78:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

3 Rounds for time:

15 Bench Dip

200m Run

25 Air Squats

Day 79:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 12 min:

20 Mountain Climbers

10 Hand Release Push-ups

20 Air Squats

Day 80:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

10,9,8...1 reps for time:

Air Squats

Hand Release Push-ups

Sit-up (butterfly)/Crunch

Day 81:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 82:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

For time:

400m Run

50 Sit-up (butterfly)/Crunch

40 Hand Release Push-ups

30 Air Squats

20 Mountain Climbers

10 Flutter Kicks (4 Count)

200m Run

Day 83:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

200m Run, then:

21-15-9 reps for time of:

Hand Release Push-ups

Sit-up (butterfly)/Crunch

Then, 200m Run

Day 84:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 85:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

For Time:

Run 5k for time

Day 86:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

AMRAP in 12 min:

9 Close Grip Push-ups

12 Walking Lunge

15 Mountain Climbers

Day 87:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

10-1 reps for time of:

Hand Release Push-ups

Sit-up (butterfly)/Crunch

1-10 reps for time of:

Air Squats

Mountain Climbers

Complete opposing ladders at the same time (i.e. Round 1: 10 HR Push-ups, 10 Sit-ups, 1 Squat, 1 Mountain Climber...)

Day 87:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Day 88:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

Tabata intervals (20 seconds of work followed by 10 seconds of rest, repeated 8 times) is applied in turn to the squat, rower, pull-ups, sit-ups and push-ups with a 1-minute rotation break between exercises.

Air Squats

Sit-up (butterfly)/Crunch

Hand Release Push-ups

**Compare score with Day 65. A total score is determined by adding up the lowest number of reps in any set of each exercise.

Day 89:

Mobility: Spiderman, Inch Worm, hold a squat for :15 sec on/:15 sec off x 5, Shoulder Circles

3 Rounds for time:

200m Run

15 Hand Release Push-ups

20 Sit-up (butterfly)/Crunch

**Compare time with day 48.

Day 90:

Active Rest- Jog, Swim, Bike, play a sport with your kids, dance with your wife, yard work, etc.

Battle Test:

For time:

40 Air Squats

30 Sit-up (butterfly)/Crunch

20 Hand Release Push-ups