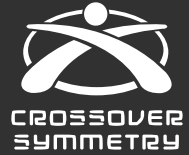


MURPH PREP

PUSHUP PLAN



Date	Push-Ups		Fill In Reps
April 29	Max Test		
April 30	5 (or more) Daily Sets at	35%	
May 1	5 (or more) Daily Sets at	40%	
May 2	5 (or more) Daily Sets at	45%	
May 3	5 (or more) Daily Sets at	50%	
May 4	OFF		
May 5	Max Test		
May 6	5 (or more) Daily Sets at	40%	
May 7	5 (or more) Daily Sets at	45%	
May 8	5 (or more) Daily Sets at	50%	
May 9	5 (or more) Daily Sets at	55%	
May 10	OFF		
May 11	Max Test		
May 12	5 (or more) Daily Sets at	45%	
May 13	5 (or more) Daily Sets at	50%	
May 14	5 (or more) Daily Sets at	55%	
May 15	5 (or more) Daily Sets at	60%	
May 16	OFF		
May 17	Max Test		
May 18	5 (or more) Daily Sets at	50%	
May 19	5 (or more) Daily Sets at	55%	
May 20	5 (or more) Daily Sets at	60%	
May 21	5 (or more) Daily Sets at	65%	
May 22	OFF		
May 23	Max Test		
May 24	5 Sets of Your Murph Strategy #1		
May 25	5 Sets of Your Murph Strategy #2		
May 26	OFF		
May 27	Memorial Day- "Go Crush It"		