Record

Archive

**Day Negative**

**22nd August 2023**

WokeUp: 5:28am

Cycling: 44km (Up + Down)

**Day Zero**

**23rd August 2023**

WokeUp: 5:15am

Cycling: 6km (Up + Down)

**Day One**

**23rd August 2023**

WokeUp: 4:38am

Weight: 87.550 kg

Cycling: 6km (Up + Down)

Running: 3km (4 Stadium Rounds Approx.)

Skipping: 18mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 6

Military PushUp: 10

ReverseGrip PushUp: 10

Semi-PsuedoPlanche PushUp: 10

TotalReps: 36Reps

HeavyBag: 5-10mins