





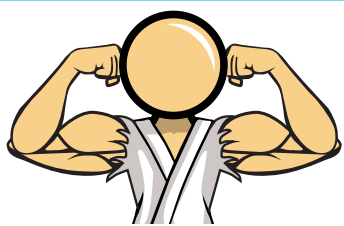


Nokemono 100 Press up challenge 2021

Day 1	20 press-ups			
Day 2	25 press-ups			
Day 3	30 press-ups			
Day 4	35 press-ups			
Day 5	2 sets of 20 press-ups			
Day 6	2 sets of 25 press-ups			
Day 7	2 sets of 30 press-ups			
Day 8	2 sets of 35 press-ups			
Day 9	45 press-ups			Tricep press-ups
Day 10	30 press-ups	+ 10 Tricep press-ups		
Day 11	35 press-ups	+ 15 Tricep press-ups		
Day 12	35 press-ups	+ 20 Tricep press-ups		
Day 13	40 press-ups	+ 20 Tricep press-ups		
Day 14	40 press-ups	+ 25 Tricep press-ups		
Day 15	45 press-ups	+ 25 Tricep press-ups		
Day 16	50 press-ups	+ 25 Tricep press-ups		
Day 17	2 sets of 30 press-ups	+ 30 Tricep press-ups		
Day 18	2 sets of 35 press-ups	+ 30 Tricep press-ups		
Day 19	60 press-ups	+ 30 Tricep press-ups		
Day 20	30 Decline press-ups	+ 30 press-ups	+ 30 Tricep press-ups	
Day 21	35 Decline press-ups	+ 35 press-ups	+ 30 Tricep press-ups	
Day 22	35 Decline press-ups	+ 35 press-ups	+ 35 Tricep press-ups	
Day 23	40 Decline press-ups	+ 35 press-ups	+ 35 Tricep press-ups	
Day 24	40 Decline press-ups	+ 40 press-ups	+ 35 Tricep press-ups	
Day 25	40 Decline press-ups	+ 40 press-ups	+ 40 Tricep press-ups	
Day 26	45 Decline press-ups	+ 40 press-ups	+ 40 Tricep press-ups	
Day 27	45 Decline press-ups	+ 45 press-ups	+ 40 Tricep press-ups	
Day 28	45 Decline press-ups	+ 45 press-ups	+ 45 Tricep press-ups	
Day 29	50 Decline press-ups	+ 50 press-ups	+ 45 Tricep press-ups	
Day 30	100 press-ups			

100 press-ups everyday until event



Nokemono 100 Press up challenge 2021

Sponsorship form

During the Covid lock-down, we unfortunately had some of our safety mats disappeared, so we are attempting a huge challenge to raise funds to replace the mats which went missing.

The target is to complete 100 press-ups in one go... Which means no rests and a lot of preparation, our students are dedicated and determined athletes, and to portray this our 100 press up challenge is going to take everything they have to complete.

I'm sure you'll support these amazing athletes in every way you can, keep an eye out on our facebook page for photos of the event.

Name	Contact number	Sponsorship amount
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