






# 3P'S CHALLENGE



**A low-stress physical and mental health challenge for entrepreneurs and leaders with lots of commitments.**

		Days 1-7	Days 8-14	Days 15-21	Days 22-30
<b>Pause</b>		3 x deep breaths	5 x deep breaths	5 x deep breaths	5 x deep breaths
<b>Planks</b>		3 x planks	5 x planks	5 x planks	5 x planks
<b>Push Ups</b>		5 x pushups	10 x pushups	15 x pushups	20 x pushups

### THE 3P'S DETAIL

The 3P's challenge takes just a few minutes a day.

It involves 3 simple exercises done every day - **even when you're crazy-busy** or have a minor emergency to work through. Find your own 3P's rhythm by doing the workout early in the morning, doing it at lunchtime, or doing it before you go to bed. Do it whenever it works for you - but **get it done!**

### WHEN TO START

Day 1 starts on April 1st. (If you miss the start, join in any time - making progress is always the best option.)

### WHAT TYPE OF PUSHUPS SHOULD I DO?

Any! You could start with wall push-ups or knee push-ups if they work for you. Over time, do your best to progress to full bodyweight pushups if you can. (Some more [push up tips are HERE.](#))

### HOW LONG SHOULD I HOLD EACH PLANK?

Start with 10 seconds. Over time, try to progress to 20 and then 30 seconds. If you haven't planked in a while, start with your weight on your knees instead of your toes. (Some [more plank tips are HERE.](#))

### WANT TO DO MORE?

If you're an overachiever and want to do more than one 3P's workout a day - go for it. That could be a morning and evening 3P's workout or even a 3P's workout every few hours. To keep up your streak, you have to do **at least one 3P's workout every day**. When you finish one month, start again, and repeat for the next month. #thinkbigactsmall

### JOIN THE 3P'S COMMUNITY

A daily commitment on your own is hard. There's a supportive, high-accountability crew of leaders working on their physical, mental & emotional health in the [3P's Challenge WhatsApp group HERE.](#) Join for a whole new level of fun, friendly competition and accountability.

### THE LAST BIT

Take care of yourself. Don't do this challenge or any of these workouts if you're injured or have health problems that you might make worse. You're responsible for your health, do what's right for you.



**Think big act small . Be patiently persistent . Commit to a rhythm of time outs . Create & embrace your council**