



SEVEN TOTAL HEATS each consisting of THREE 3-minute ROUNDS
 30 second REST between each ROUND
 2 Min set up between each HEAT
 Download this pdf for practice on Details tab at CourageousChallenge.com

HEAT ONE	Challenger Name					AGE	
ROUND 1	Round 2	Round 3	Total Qualified PU	Female Bonus			
			+				
TOTAL Push-ups HEAT One							
HEAT TWO	Challenger Name					AGE	
ROUND 1	Round 2	Round 3	Total Qualified PU	Female Bonus			
			+				
TOTAL Push-ups HEAT Two							
HEAT THREE	Challenger Name					AGE	
ROUND 1	Round 2	Round 3	Total Qualified PU	Female Bonus			
			+				
TOTAL Push-ups HEAT Three							
HEAT FOUR	Challenger Name					AGE	
ROUND 1	Round 2	Round 3	Total Qualified PU	Female Bonus			
			+				
TOTAL Push-ups HEAT Four							
HEAT FIVE	Challenger Name					AGE	
ROUND 1	Round 2	Round 3	Total Qualified PU	Female Bonus	2 nd Round Bonus		
			+		+		
TOTAL Push-ups HEAT five							
HEAT SIX	Challenger Name					AGE	
ROUND 1	Round 2	Round 3	Total Qualified PU	Female Bonus	2 nd Round Bonus		
			+		+		
TOTAL Push-ups HEAT Six							
HEAT SEVEN	Challenger Name					AGE	
ROUND 1	Round 2	Round 3	Total Qualified PU	Female Bonus	2 nd Round Bonus		
			+		+		
TOTAL Push-ups HEAT Seven							
TEAM GRAND TOTAL							