

Marine Miguel's 110% Push-up Challenge

- 1 Push-Up & 1 Shoulder Press
- 2 Push-Ups & 2 Shoulder Presses
- 3 Push-Ups & 3 Shoulder Presses
- 4 Push-Ups & 4 Shoulder Presses
- 5 Push-Ups & 5 Shoulder Presses
- 6 Push-Ups & 6 Shoulder Presses
- 7 Push-Ups & 7 Shoulder Presses
- 8 Push-Ups & 8 Shoulder Presses
- 9 Push-Ups & 9 Shoulder Presses
- 10 Push-Ups & 10 Shoulder Presses
- 10 Push-Ups & 10 Shoulder Presses
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- 8 Push-Ups & 8 Shoulder Presses
- 7 Push-Ups & 7 Shoulder Presses
- 6 Push-Ups & 6 Shoulder Presses
- 5 Push-Ups & 5 Shoulder Presses
- 4 Push-Ups & 4 Shoulder Presses
- 3 Push-Ups & 3 Shoulder Presses
- 2 Push-Ups & 2 Shoulder Presses
- 1 Push-Up & 1 Shoulder Press

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