LSP-up Club - motivation and record keeping helps!
3 sets - 3 times per day - 33 days in a row - progressively adding to the number of reps as you see fit!
Lunges - Sit-ups & Push-ups... any style you choose - just do increasing reps in sets of 3 - 3 times per day

L	S	P	L	S	P	L	S	P	L	S	P	L	S	P	L	S	P	L	S	P

WE go out for drinks at the pub when we are done.... SRSLY.....