

100 push-ups per day: What's the point?



Fascia rolls are great not just for your back.

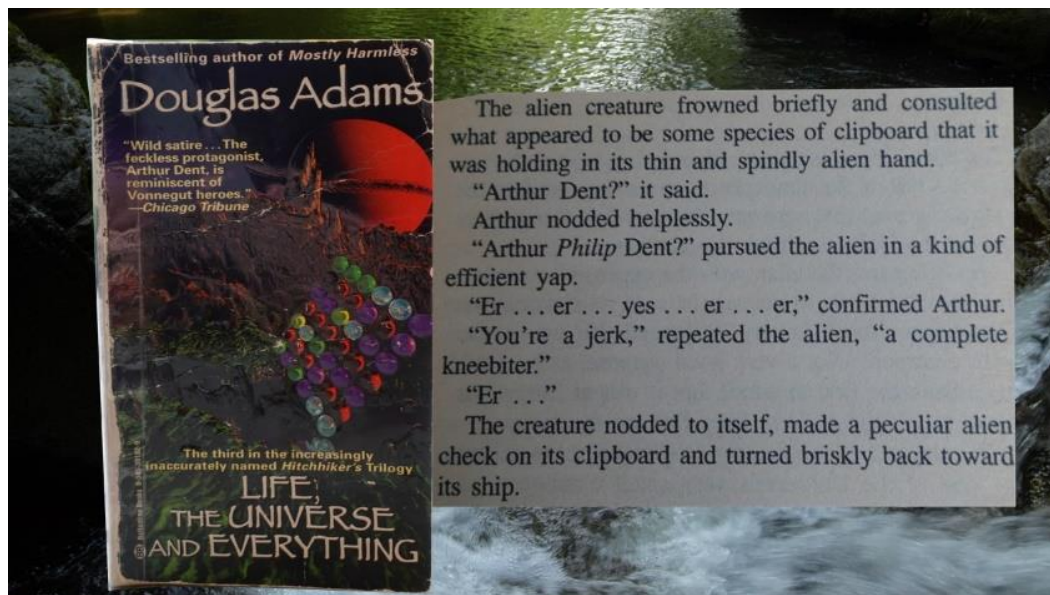
In my first week back at work after my Covid-19 home office I gave the participants of my course for job seekers an anti-pep talk to lure them into (not) taking part in my 100 push-ups challenge, which I had started during my time at home. Obviously, I was trying to unlock some paradox intervention power. I thought that maybe the motivational tide was about to turn.

My challenge hadn't gone viral during Covid-19 home training, to say the least. In fact, not a single person had joined me in my challenge. Even though, it would have been quite flexible. For the purpose of accompanying me any other fitness challenge would have done the job, i.e. doing a number of squats every day or trying two Pamela Reif workouts per week – it wasn't or isn't just about push-ups.

Having real people in front of me and not just on the screen of my laptop could make all the difference, wouldn't you agree? At least, two guys of my current course assured me on Tuesday, just before my tumble, which will be elaborated on later, that they'd give it a try. Is it likely that they are in? What do you think?

One of the two guys has just responded to my message. He is not in but he seems to be interested in my progress. That's very kind and indicates good manners. This time, I haven't been ghosted by every single participant. Yippee!

As I see it, being ghosted is something typical of our current culture and society. Hence, it is literally a zeitgeist phenomenon. According to Paul Watzlawick, there's no way not to communicate. So, when you're being ghosted it's certainly a message too and there's a lesson to be learned. It's quite likely that the person ghosting you is trying to convey the following message: "You're a jerk, a complete kneebiter."



😊 I'm sorry. My mind was wandering to Douglas Adams' LIFE; THE UNIVERSE AND EVERYTHING. The alien described in the third book of the Hitchhiker's Trilogy has dedicated its life to insulting every single living creature in the universe with tailor-made insults. Personally, I prefer being insulted to being ghosted.

The true challenge behind my 100 push-ups per day assignment is not to give a flying flamingo about whether or not people are ghosting me. My state of mind ought not depend on the amount of clicks, thumbs up, or messages received in whatever form, for such an emotional dependence lacks dignity.

My 32 days push-up challenge was meant to be conducive to promoting the goal buddy idea, which I had left on my back burner for more than eight years. The idea is still alive and worthy of giving it more tries.

As for my solo sports challenge, it has turned out to be an excruciatingly tough one. According to my judgement and my self-established yardstick I've managed to hold on to my resolution with flying colours; even though I had to adapt the challenge a bit.

On Wednesday, the 27th of May, on my way back home from work, I was rushing to catch the train which was about to leave the station. Completely focussed and fully aware that I could still make it, I did a jump across the rails. However, my left calf failed me and I was smacked to the ground. Baffled and in pain, because of the muscle fibre I had torn, I could still catch the train. What a bummer!

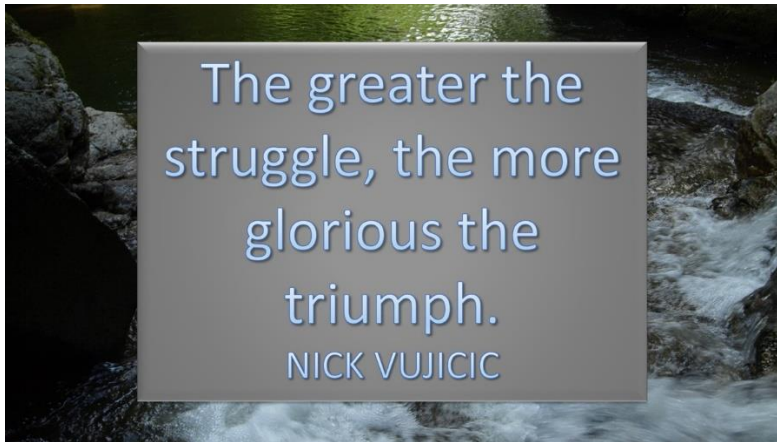
The push-up challenge was out of my mind for a couple of hours due to my arduous and quite painful endeavour to get back home. I could barely walk, let alone straddle my motorbike, which I had parked at the central station in Linz.

For sure, this was bound to end of my challenge. There was no way I could do any more push-ups because it was impossible to put any strain on my foot. The situation made me falter und susceptible to wishful thinking: On Thursday evening I thought: "No problem. The two guys from my course can take over now. Why not have a push-up relay?"

On Friday, it dawned on me that the two guys might not walk their talk. As I didn't want the challenge to fail, my mind came up with another solution: I used a fascia roll to put my feet on. With this tool I could more than catch up and do 400 push-ups. (Accidentally, I did 100 push-ups too many.) Don't be too impressed as it was in fact not particularly strenuous because I just did 40 sets of 10 reps: easy-peasy 😊

Finally, I'd like to provide you with my 100 push-up per day pep talk:

If you'd like to take on the challenge, bear in mind that it's excruciatingly boring and futile in terms of physical progress (unless you adapt the challenge a little like I did) and yet you might find some meaning in it eventually. Keep in mind: The greater the struggle. The more glorious the triumph.



Kia Kaha and hang on in there!

anti	<i>opposed to or against a particular thing or person:</i> We've received a lot of anti letters about that newspaper article. <i>/ˈæn.ti/</i>
arduous	difficult, needing a lot of effort and energy
assignment	a piece of work given to someone, typically as part of their studies or job
baffled	PERPLEX VERDUTZT She was completely baffled by his strange behaviour.
brisk	<i>quick, energetic, and active:</i> He set a brisk pace and we struggled to keep up.
conducive	<i>providing the right conditions for something good to happen or exist:</i> Such a noisy environment was not conducive to a good night's sleep.
dawn on sb	<i>If a fact dawns on you, you understand it after a period of not understanding it:</i> I was about to pay for the shopping when it suddenly dawned on me that I'd left my wallet at home.
designates	<i>to choose someone officially to do a particular job:</i> Traditionally, the president designates his or her successor.
dignity	<i>calm, serious, and controlled behaviour that makes people respect you:</i> He is a man of dignity and calm determination.
elaborate	<i>to add more information to or explain something that you have said:</i> The congresswoman said she was resigning, but refused to elaborate on her reasons for doing so.
endeavour	BEMÜHUNG ANSTRENGUNG <i>an attempt to do something:</i> Crossing the North Pole on foot was an amazing feat of human endeavour.
excruciatingly	UNERTRÄGLICH FÜRCHTERLICH <i>in a way that is extreme and difficult to bear:</i> Progress has been excruciatingly slow.
fail somebody	I feel I've failed my children by not spending more time with them.

falter	<i>to lose strength or purpose and pause or stop:</i> His career began to falter.
fascia	fibrous connective tissue occurring in sheets beneath the surface of the skin and between muscles and groups of muscles /ˈfeɪ.ʃə/
feat	MEISTERLEISTUNG <i>something difficult needing a lot of skill, strength, courage, etc. to achieve it:</i> The Eiffel Tower is a remarkable feat of engineering.
frown	to make an angry, unhappy, or confused expression, moving your eyebrows together
futile	actions that are futile are useless because they have no chance of being successful SYN pointless OPP worthwhile
ghost	<i>to end a relationship with someone suddenly by stopping all communication with them:</i> Should I message her back or just ghost?
on the back burner	We've all had to put our plans on the back burner for a while.
relay	a running or swimming race between two or more teams in which each person in the team runs or swims part of the race /ˈriː.leɪ/
smack	<i>If something smacks of an unpleasant quality, it seems to have that quality:</i> The whole situation smacks of mismanagement and incompetence.
smack	to hit someone, especially a child, with your open hand in order to punish them
strain	<i>a force or influence that stretches, pulls, or puts pressure on something, sometimes causing damage:</i> The hurricane put such a strain on the bridge that it collapsed. As you get older, excess weight puts a lot of strain on the heart.
strenuous	<i>needing or using a lot of physical or mental effort or energy:</i> His doctor advised him not to do any strenuous exercise.
susceptible	<i>easily influenced or harmed by something:</i> She isn't very susceptible to flattery.
sweep away	<i>to destroy or to completely remove something:</i> Your reassurances have swept away any doubts I had.
virtually	<i>almost:</i> Their twins are virtually identical.
worthwhile	LOHNEND <i>useful, important, or good enough to be a suitable reward for the money or time spent or the effort made:</i> She considers teaching a worthwhile career.
yet	It felt strange and yet so wonderful to ski in the summer!
zeitgeist	the general set of ideas, beliefs, feelings, etc. that is typical of a particular period in history
zeitgeist	As I see it, being ghosted is something typical of our current culture and society. Hence, it is literally a zeitgeist phenomenon. Stephan Freiling