

30-DAY
PUSH-UP CHALLENGE

DAY 1 5 Push-Ups	DAY 2 7 Push-Ups	DAY 3 9 Push-Ups	DAY 4 11 Push-Ups	DAY 5 13 Push-Ups	DAY 6 15 Push-Ups
DAY 7 Rest Day	DAY 8 17 Push-Ups	DAY 9 19 Push-Ups	DAY 10 21 Push-Ups	DAY 11 23 Push-Ups	DAY 12 25 Push-Ups
DAY 13 27 Push-Ups	DAY 14 29 Push-Ups	DAY 15 Rest Day	DAY 16 31 Push-Ups	DAY 17 33 Push-Ups	DAY 18 35 Push-Ups
DAY 19 37 Push-Ups	DAY 20 39 Push-Ups	DAY 21 41 Push-Ups	DAY 22 Rest Day	DAY 23 43 Push-Ups	DAY 24 45 Push-Ups
DAY 25 47 Push-Ups	DAY 26 49 Push-Ups	DAY 27 51 Push-Ups	DAY 28 53 Push-Ups	DAY 29 57 Push-Ups	DAY 30 60 Push-Ups