

30 - DAY PUSH-UP CHALLENGE



- DAY 1 - 5 push-ups
- DAY 3 - 9 push-ups
- DAY 5 - 13 push-ups
- DAY 7 - REST DAY
- DAY 9 - 19 push-ups
- DAY 11 - 23 push-ups
- DAY 13 - 27 push-up
- DAY 15 - REST DAY
- DAY 17 - 33 push-ups
- DAY 19 - 37 push-ups
- DAY 21 - 41 push-ups
- DAY 23 - 43 push-ups
- DAY 25 - 47 push-ups
- DAY 27 - 51 push-ups
- DAY 29 - 57 push-ups

- DAY 2 - 7 push-ups
- DAY 4 - 11 push-ups
- DAY 6 - 15 push-ups
- DAY 8 - 17 push-ups
- DAY 10 - 21 push-up
- DAY 12 - 25 push-up
- DAY 14 - 29 push-ups
- DAY 16 - 31 push-ups
- DAY 18 - 35 push-ups
- DAY 20 - 39 push-ups
- DAY 22 - **REST DAY**
- DAY 24 - 45 push-ups
- DAY 26 - 49 push-ups
- DAY 28 - 53 push-ups
- DAY 30 - 60 push-ups