

# 30 Day Push-Up Challenge

**1**  
5 PUSH-UPS

**2**  
6 PUSH-UPS

**3**  
7 PUSH-UPS

**4**  
8 PUSH-UPS

**5**  
9 PUSH-UPS

**6**  
10 PUSH-UPS

**7**  
15 PUSH-UPS

**8**  
15 PUSH-UPS

**9**  
20 PUSH-UPS

**10**  
20 PUSH-UPS

**11**  
25 PUSH-UPS

**12**  
25 PUSH-UPS

**13**  
20 PUSH-UPS

**14**  
30 PUSH-UPS

**15**  
REST

**16**  
20 PUSH-UPS

**17**  
30 PUSH-UPS

**18**  
REST

**19**  
20 PUSH-UPS

**20**  
30 PUSH-UPS

**21**  
15 PUSH-UPS

**22**  
25 PUSH-UPS

**23**  
35 PUSH-UPS

**24**  
20 PUSH-UPS

**25**  
30 PUSH-UPS

**26**  
40 PUSH-UPS

**27**  
25 PUSH-UPS

**28**  
35 PUSH-UPS

**29**  
45 PUSH-UPS

**30**  
50 PUSH-UPS