



30-Day Pushup Challenge



Day 1	5 Pushups
Day 2	7 Pushups
Day 3	9 Pushups
Day 4	Rest Day
Day 5	12 Pushups
Day 6	14 Pushups
Day 7	14 Pushups
Day 8	Rest Day
Day 9	16 Pushups
Day 10	18 Pushups
Day 11	18 Pushups
Day 12	Rest Day
Day 13	20 Pushups
Day 14	22 Pushups
Day 15	22 Pushups

Day 16	Rest Day
Day 17	25 Pushups
Day 18	27 Pushups
Day 19	27 Pushups
Day 20	Rest Day
Day 21	30 Pushups
Day 22	34 Pushups
Day 23	34 Pushups
Day 24	Rest Day
Day 25	36 Pushups
Day 26	38 Pushups
Day 27	40 Pushups
Day 28	Rest Day
Day 29	45 Pushups
Day 30	50 Pushups

