

30-Day Pushup Challenge



Day 1	5 Pushups	Day 16	Rest Day
Day 2	7 Pushups	Day 17	25 Pushups
Day 3	9 Pushups	Day 18	27 Pushups
Day 4	Rest Day	Day 19	27 Pushups
Day 5	12 Pushups	Day 20	Rest Day
Day 6	14 Pushups	Day 21	30 Pushups
Day 7	14 Pushups	Day 22	34 Pushups
Day 8	Rest Day	Day 23	34 Pushups
Day 9	16 Pushups	Day 24	Rest Day
Day 10	18 Pushups	Day 25	36 Pushups
Day 11	18 Pushups	Day 26	38 Pushups
Day 12	Rest Day	Day 27	40 Pushups
Day 13	20 Pushups	Day 28	Rest Day
Day 14	22 Pushups	Day 29	45 Pushups
Day 15	22 Pushups	Day 30	50 Pushups