

POWER AND STRENGTH

CHALLENGE YOURSELF

A great way to get your arms, shoulders, back, and core toned all at the same time!

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**