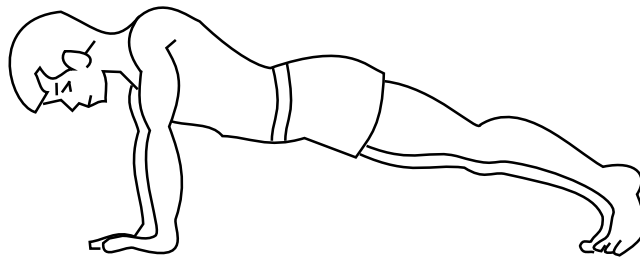


50

push-ups



30-day challenge

Day 1	2 reps	2 reps	4 reps	4 reps
Day 2	3 reps	3 reps	6 reps	6 reps
Day 3	4 reps	6 reps	8 reps	6 reps
Day 4	8 reps	6 reps	4 reps	6 reps
Day 5	10 reps	8 reps	6 reps	4 reps
Day 6	5 reps	5 reps	2 reps	4 reps
Day 7	2 reps	2 reps	4 reps	2 reps
Day 8	6 reps	8 reps	10 reps	2 reps
Day 9	8 reps	12 reps	10 reps	8 reps
Day 10	4 reps	8 reps	4 reps	8 reps
Day 11	12 reps	8 reps	10 reps	6 reps
Day 12	16 reps	8 reps	6 reps	6 reps
Day 13	14 reps	12 reps	14 reps	12 reps
Day 14	5 reps	8 reps	5 reps	10 reps
Day 15	10 reps	15 reps	10 reps	15 reps

Day 16	5 reps	5 reps	10 reps	5 reps
Day 17	20 reps	10 reps	10 reps	8 reps
Day 18	8 reps	15 reps	8 reps	8 reps
Day 19	15 reps	10 reps	15 reps	5 reps
Day 20	10 reps	20 reps	10 reps	8 reps
Day 21	10 reps	14 reps	18 reps	10 reps
Day 22	20 reps	5 reps	5 reps	5 reps
Day 23	10 reps	20 reps	10 reps	10 reps
Day 24	5 reps	10 reps	5 reps	10 reps
Day 25	5 reps	15 reps	10 reps	10 reps
Day 26	25 reps	15 reps	15 reps	10 reps
Day 27	10 reps	10 reps	20 reps	8 reps
Day 28	30 reps	5 reps	5 reps	5 reps
Day 29	15 reps	15 reps	15 reps	15 reps
Day 30	50 push-ups in one go!			

up to 60 seconds rest between sets

Instructions:

1. Print this sheet
2. Hang print-out in your room
3. Do push-ups
4. Be strong! 💪

