

# 30 DAY PUSH UP CHALLENGE

<b>DAY 1</b> 4 Pushups	2 Classic 2 Wide Grip	<b>DAY 11</b> 15 Pushups	8 Classic 5 Incline 2 Stacked Feet	<b>DAY 21</b> 20 Pushups	13 Classic 5 Raised Leg 2 Walking
<b>DAY 2</b> 5 Pushups	3 Classic 2 Wide Grip	<b>DAY 12</b> 16 Pushups	8 Classic 5 Incline 3 Stacked Feet	<b>DAY 22</b> 21 Pushups	13 Classic 4 Raised Leg 4 Walking
<b>DAY 3</b> 6 Pushups	3 Classic 3 Wide Grip	<b>DAY 13</b> 16 Pushups	9 Classic 5 Stacked Feet 2 Shoulder Tap	<b>DAY 23</b> 21 Pushups	14 Classic 5 Walking 2 Dive Bomber
<b>DAY 4</b> 7 Pushups	4 Classic 3 Wide Grip	<b>DAY 14</b> 16 Pushups	9 Classic 5 Stacked Feet 2 Shoulder Tap	<b>DAY 24</b> 22 Pushups	14 Classic 6 Walking 2 Dive Bomber
<b>DAY 5</b> 8 Pushups	4 Classic 4 Wide Grip	<b>DAY 15</b> 17 Pushups	9 Classic 5 Stacked Feet 3 Shoulder Tap	<b>DAY 25</b> 24 Pushups	14 Classic 8 Walking 2 Dive Bomber
<b>DAY 6</b> 9 Pushups	5 Classic 2 Wide Grip 2 Incline	<b>DAY 16</b> 17 Pushups	10 Classic 5 Shoulder Tap 2 Diamond	<b>DAY 26</b> 24 Pushups	15 Classic 5 Dive Bomber 4 Spider
<b>DAY 7</b> 11 Pushups	5 Classic 4 Wide Grip 2 Incline	<b>DAY 17</b> 17 Pushups	10 Classic 4 Shoulder Tap 3 Diamond	<b>DAY 27</b> 24 Pushups	15 Classic 5 Spider 4 Decline
<b>DAY 8</b> 12 Pushups	6 Classic 4 Wide Grip 2 Incline	<b>DAY 18</b> 18 Pushups	11 Classic 5 Diamond 2 Raised Leg	<b>DAY 28</b> 25 Pushups	15 Classic 4 Spider 2 Commandos
<b>DAY 9</b> 13 Pushups	6 Classic 5 Wide Grip 2 Incline	<b>DAY 19</b> 18 Pushups	11 Classic 4 Diamond 3 Raised Leg	<b>DAY 29</b> 25 Pushups	15 Classic 4 Decline 4 Commandos 2 Cross Body Kick
<b>DAY 10</b> 15 Pushups	7 Classic 4 Wide Grip 4 Incline	<b>DAY 20</b> 20 Pushups	12 Classic 4 Diamond 4 Raised Leg	<b>DAY 30</b> 26 Pushups	15 Classic 5 Commandos 4 Cross Body Kick