

30 DAY PUSH UP CHALLENGE

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