

# 30-DAY *Push-up* CHALLENGE

	1 +	2 +	3 REST DAY	4 +	5 +	6 +
	2	4		6	8	10
7 REST DAY	8 +	9 +	10 REST DAY	11 +	12 +	13 +
	12	14		16	18	20
14 REST DAY	15 +	16 +	17 REST DAY	18 +	19 +	20 +
	22	24		26	28	30
21 REST DAY	22 +	23 +	24 REST DAY	25 +	26 +	27 +
	32	34		36	38	40
28 REST DAY	29 +	30 +	TAKE YOUR BASELINE NUMBER AND ADD THE DAILY NUMBERS TO IT. example: 10 + 4 or 10 + 10			
	42	44				