



change IN seconds

30 Day Push Up Challenge

Day 1

15 PUSH UPS

Day 2

16 PUSH UPS

Day 3

17 PUSH UPS

Day 4

18 PUSH UPS

Day 5

REST DAY

Day 6

19 PUSH UPS

Day 7

20 PUSH UPS

Day 8

21 PUSH UPS

Day 9

22 PUSH UPS

Day 10

REST DAY

Day 11

23 PUSH UPS

Day 12

24 PUSH UPS

Day 13

25 PUSH UPS

Day 14

26 PUSH UPS

Day 15

REST DAY

Day 16

27 PUSH UPS

Day 17

28 PUSH UPS

Day 18

29 PUSH UPS

Day 19

30 PUSH UPS

Day 20

REST DAY

Day 21

31 PUSH UPS

Day 22

32 PUSH UPS

Day 23

33 PUSH UPS

Day 24

34 PUSH UPS

Day 25

REST DAY

Day 26

35 PUSH UPS

Day 27

36 PUSH UPS

Day 28

37 PUSH UPS

Day 29

38 PUSH UPS

Day 30

REST DAY

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