



30 DAY PUSH UP CHALLENGE

	MON	TUES	WED	THURS	FRI	SAT	SUN
W01	SET 1: 3 SET 2: 3 SET 3: 2 SET 4: 2 SET 5: 2+	REST	SET 1: 3 SET 2: 3 SET 3: 2 SET 4: 2 SET 5: 2+	REST	SET 1: 4 SET 2: 4 SET 3: 3 SET 4: 3 SET 5: 3+	REST	SET 1: 4 SET 2: 4 SET 3: 3 SET 4: 3 SET 5: 3+
W02	SET 1: 5 SET 2: 5 SET 3: 4 SET 4: 4 SET 5: 4+	REST	SET 1: 5 SET 2: 5 SET 3: 4 SET 4: 4 SET 5: 4+	REST	SET 1: 6 SET 2: 6 SET 3: 5 SET 4: 5 SET 5: 5+	REST	SET 1: 6 SET 2: 6 SET 3: 5 SET 4: 5 SET 5: 5+
W03	SET 1: 7 SET 2: 7 SET 3: 6 SET 4: 6 SET 5: 6+	REST	SET 1: 7 SET 2: 7 SET 3: 6 SET 4: 6 SET 5: 6+	REST	SET 1: 8 SET 2: 8 SET 3: 7 SET 4: 7 SET 5: 7+	REST	SET 1: 8 SET 2: 8 SET 3: 7 SET 4: 7 SET 5: 7+
W04	SET 1: 9 SET 2: 9 SET 3: 8 SET 4: 8 SET 5: 8+	REST	SET 1: 9 SET 2: 9 SET 3: 8 SET 4: 8 SET 5: 8+	REST	SET 1: 10 SET 2: 10 SET 3: 9 SET 4: 9 SET 5: 9+	REST	TESTING DAY

INSTRUCTIONS:

- This program is for those that currently do 5 push ups or less.
- Complete the prescribed number of sets & reps each day.
- Rest 30-60 seconds between sets.
- Perform incline push ups on a bench, barbell, or stable surface if you cannot complete 1 push up on the ground.