

30 Day Push-Up Challenge

1 Push-Ups: 5 Planks: 2 minute	2 Push-Ups: 5 Planks: 2 minute	3 Push-Ups: 5 Planks: 2 minute	4 Push-Ups: 7 Planks: 2 minute	5 Push-Ups: 5:5 Planks: 1 min between sets	6 Push-Ups: 5:5 Planks: 1 min between sets	7 Rest Day
8 Push-Ups: 6:6 Planks: 1 min between sets	9 Push-Ups: 6:6 Planks: 1 min between sets	10 Push-Ups: 6:6:3 Planks: 45 sec. between sets	11 Push-Ups: 6:6:3 Planks: 45 sec. between sets	12 Push-Ups: 6:6:3 Planks: 45 sec. between sets	13 Push-Ups: 7:7:3 Planks: 30 sec. between sets	14 Rest Day
15 Push-Ups: 10:10 Planks: 1 min between sets	16 Push-Ups: 10:10 Planks: 1 min between sets	17 Push-Ups: 10:10:5 Planks: 30 sec between sets	18 Push-Ups: 14:14 Planks: 1 min between sets	19 Push-Ups: 10:10:10 Planks: 30 sec between sets	20 Push-Ups: 15:15 Planks: 1 min between sets	21 Rest Day
22 Push-Ups: 15:15:4 Planks: 30 sec between sets	23 Push-Ups: 15:15:7 Planks: 30 sec between sets	24 Push-Ups: 15:15:10 Planks: 30 sec between sets	25 Push-Ups: 20:20 Planks: 1 min between sets	26 Push-Ups: 20:20:4 Planks: 30 sec between sets	27 Push-Ups: 22:22:3 Planks: 30 sec between sets	28 Rest Day
29 Push-Ups: 20:20:10 Planks: 30 sec between sets	30 Push-Ups: 25:25 Planks: 1 min between sets					

