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# 30-DAY PUSH-UP CHALLENGE

<b>DAY 1</b> 5 Push-Ups	<b>DAY 16</b> 31 Push-Ups
<b>DAY 2</b> 7 Push-Ups	<b>DAY 17</b> 33 Push-Ups
<b>DAY 3</b> 9 Push-Ups	<b>DAY 18</b> 35 Push-Ups
<b>DAY 4</b> 11 Push-Ups	<b>DAY 19</b> 37 Push-Ups
<b>DAY 5</b> 13 Push-Ups	<b>DAY 20</b> 39 Push-Ups
<b>DAY 6</b> 15 Push-Ups	<b>DAY 21</b> 41 Push-Ups
<b>DAY 7</b> REST DAY	<b>DAY 22</b> REST DAY
<b>DAY 8</b> 17 Push-Ups	<b>DAY 23</b> 43 Push-Ups
<b>DAY 9</b> 19 Push-Ups	<b>DAY 24</b> 45 Push-Ups
<b>DAY 10</b> 21 Push-Ups	<b>DAY 25</b> 47 Push-Ups
<b>DAY 11</b> 23 Push-Ups	<b>DAY 26</b> 49 Push-Ups
<b>DAY 12</b> 25 Push-Ups	<b>DAY 27</b> 51 Push-Ups
<b>DAY 13</b> 27 Push-Ups	<b>DAY 28</b> 53 Push-Ups
<b>DAY 14</b> 29 Push-Ups	<b>DAY 29</b> 57 Push-Ups
<b>DAY 15</b> REST DAY	<b>DAY 30</b> 60 Push-Ups

**NOTE:** Depending on your fitness level, you can break them into sets throughout your day.