



30 Day THPRD push-up challenge



Day 1 10 Push-ups	Day 2 10 Push-ups	Day 3 12 Push-ups	Day 4 12 Push-ups	Day 5 15 Push-ups
Day 6 15 Push-ups	Day 7 REST	Day 8 17 Push-ups	Day 9 20 Push-ups	Day 10 20 Push-ups
Day 11 22 Push-ups	Day 12 22 Push-ups	Day 13 24 Push-ups	Day 14 REST	Day 15 25 Push-ups
Day 16 25 Push-ups	Day 17 30 Push-ups	Day 18 30 Push-ups	Day 19 35 Push-ups	Day 20 35 Push-ups
Day 21 REST	Day 22 30 Push-ups	Day 23 30 Push-ups	Day 24 35 Push-ups	Day 25 35 Push-ups
Day 26 40 Push-ups	Day 27 40 Push-ups	Day 28 REST	Day 29 45 Push-ups	Day 30 50 Push-ups