



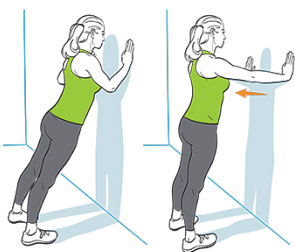
# 30-DAY Push-Up Challenge

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Wall Push-ups</b> 3 x 15 reps	<b>Elbow Plank</b> 2 x 30-second hold	<b>Countertop Push-ups</b> 3 x 10 reps	<b>Wall Sits</b> 3 x 30-second hold	<b>Countertop Push-ups</b> 3 x 15 reps	<b>Side Plank</b> 2 x 30-second hold	<b>Rest</b>
WEEK 2	<b>Triceps Dips</b> 3 x 12 reps	<b>Countertop Push-ups</b> 3 x 20 reps	<b>High Plank with Shoulder Taps</b> 4 x 30 second hold	<b>Chair or Bench Push-ups</b> 3 x 10 reps	<b>Wall Sits</b> 3 x 45-second hold	<b>Chair or Bench Push-ups</b> 3 x 12 reps	<b>Rest</b>
WEEK 3	<b>Chair or Bench Push-ups</b> 3 x 15 reps	<b>Elbow Plank</b> 3 x 45-second hold	<b>Triceps Dips</b> 3 x 15 reps	<b>Modified Push-ups</b> 3 x 10 reps	<b>Squats</b> 3 x 15 reps	<b>Side Plank with Hip Taps</b> 2 x 10 each side	<b>Rest</b>
WEEK 4	<b>Modified Push-ups</b> 3 x 12 reps	<b>Squats</b> 3 x 20 reps	<b>Planks</b> 2 x 1-minute hold	<b>Tempo Push-up</b> 3 x 10 reps	<b>Wall Sits</b> 3 x 1-minute hold	<b>Tempo Push-ups</b> 3 x 15 reps	<b>Rest</b>

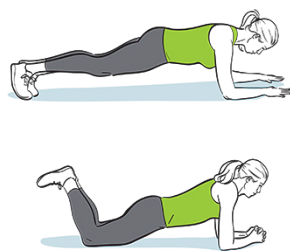
Try a regular Push-up!

## GET INTO *Position*

Wall Push-Ups



Elbow Plank



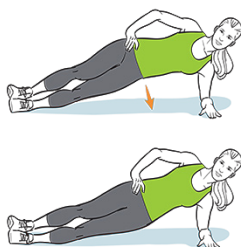
Countertop Push-Ups



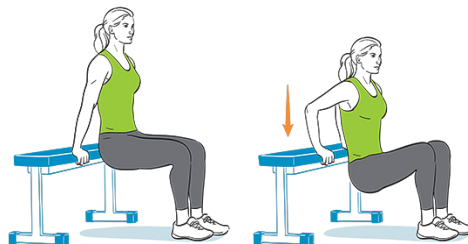
Wall Sits



Side Plank



Triceps Dips



High Plank with Shoulder Taps

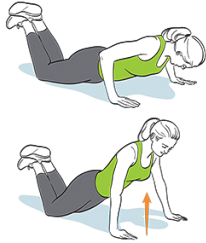




# 30-DAY Push-Up Challenge

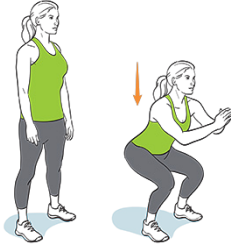
## Modified Push-Ups

---



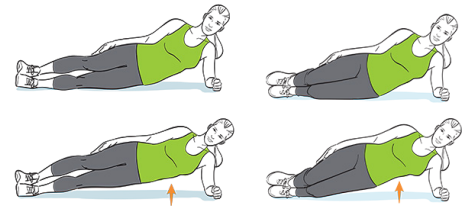
## Squats

---



## Side Plank with Hip Taps

---



## Regular Push-Ups

---

