

Are you up for the challenge?

30 day push up challenge

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

more tele-workouts on the next page!