

2,000

30-DAY CHALLENGE © darebee.com

PUSH-UPS

split total reps
into manageable sets



1 40 push-ups	2 10 second plank hold twice a day	3 50 push-ups	4 10 second plank hold 3 times a day	5 70 push-ups
6 20 seconds plank hold twice a day	7 80 push-ups	8 20 seconds plank hold 3 times a day	9 90 push-ups	10 25 seconds plank hold twice a day
11 100 push-ups	12 25 seconds plank hold 3 times a day	13 110 push-ups	14 30 seconds plank hold twice a day	15 120 push-ups
16 30 seconds plank hold 3 times a day	17 140 push-ups	18 35 seconds plank hold twice a day	19 160 push-ups	20 35 seconds plank hold 3 times a day
21 180 push-ups	22 40 seconds plank hold twice a day	23 190 push-ups	24 40 seconds plank hold 3 times a day	25 200 push-ups
26 45 seconds plank hold twice a day	27 220 push-ups	28 60 seconds plank hold twice a day	29 250 push-ups	30 60 seconds plank hold 3 times a day