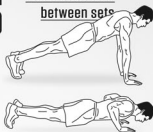


50 PUSH-UPS IN ONE GO

30-DAY CHALLENGE

20 seconds rest
between sets



1 4 push-ups 2 push-ups 2 push-ups	2 6 push-ups 2 push-ups 2 push-ups	3 10 seconds push-up plank hold 3 sets	4 8 push-ups 4 push-ups 2 push-ups	5 10 push-ups 4 push-ups 4 push-ups
6 10 push-ups 6 push-ups 4 push-ups	7 15 seconds push-up plank hold 3 sets	8 12 push-ups 4 push-ups 4 push-ups	9 14 push-ups 6 push-ups 4 push-ups	10 16 push-ups 6 push-ups 4 push-ups
11 20 seconds push-up plank hold 3 sets	12 16 push-ups 8 push-ups 5 push-ups	13 16 push-ups 10 push-ups 5 push-ups	14 18 push-ups 12 push-ups 5 push-ups	15 20 seconds push-up plank hold 4 sets
16 20 push-ups 10 push-ups 5 push-ups	17 22 push-ups 10 push-ups 5 push-ups	18 24 push-ups 12 push-ups 8 push-ups	19 20 seconds push-up plank hold 4 sets	20 26 push-ups 14 push-ups 8 push-ups
21 26 push-ups 15 push-ups 5 push-ups	22 26 push-ups 15 push-ups 10 push-ups	23 25 seconds push-up plank hold 4 sets	24 28 push-ups 15 push-ups 10 push-ups	25 30 push-ups 15 push-ups 15 push-ups
26 35 push-ups 15 push-ups 5 push-ups	27 25 seconds push-up plank hold 6 sets	28 40 push-ups 15 push-ups 5 push-ups	29 30 seconds push-up plank hold 6 sets	30 50 push-ups in one go