

# BEGINNER PUSH-UP CHALLENGE

DAY 1 - 2 PUSH-UPS

DAY 2 - 3 PUSH-UPS

DAY 3 - 4 PUSH-UPS

DAY 4 - 5 PUSH-UPS

DAY 5 - REST

DAY 6 - 6 PUSH-UPS

DAY 7 - 7 PUSH-UPS

DAY 8 - 8 PUSH-UPS

DAY 9 - 9 PUSH-UPS

DAY 10 - REST

DAY 11 - 10 PUSH-UPS

DAY 12 - 11 PUSH-UPS

DAY 13 - 12 PUSH-UPS

DAY 14 - 13 PUSH-UPS

DAY 15 - REST

DAY 16 - 14 PUSH-UPS

DAY 17 - 15 PUSH-UPS

DAY 18 - 16 PUSH-UPS

DAY 19 - 17 PUSH-UPS

DAY 20 - REST

DAY 21 - 18 PUSH-UPS

DAY 22 - 19 PUSH-UPS

DAY 23 - 20 PUSH-UPS

DAY 24 - 21 PUSH-UPS

DAY 25 - REST

DAY 26 - 22 PUSH-UPS

DAY 27 - 23 PUSH-UPS

DAY 28 - 24 PUSH-UPS

DAY 29 - 25 PUSH-UPS

DAY 30 - 26 PUSH-UPS

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

[WWW.730SAGESTREET.COM](http://WWW.730SAGESTREET.COM)

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DAY 19 - 17 PUSH-UPS

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