

EXTREME 30 PUSH-UP CHALLENGE

DAY 1 - 25 PUSH-UPS
DAY 2 - 30 PUSH-UPS
DAY 3 - 35 PUSH-UPS
DAY 4 - 40 PUSH-UPS
DAY 5 - 45 PUSH-UPS
DAY 6 - 50 PUSH-UPS
DAY 7 - REST
DAY 8 - 55 PUSH-UPS
DAY 9 - 60 PUSH-UPS
DAY 10 - 65 PUSH-UPS
DAY 11 - 70 PUSH-UPS
DAY 12 - 75 PUSH-UPS
DAY 13 - 80 PUSH-UPS
DAY 14 - REST
DAY 15 - 85 PUSH-UPS

DAY 16 - 90 PUSH-UPS
DAY 17 - 95 PUSH-UPS
DAY 18 - 100 PUSH-UPS
DAY 19 - 105 PUSH-UPS
DAY 20 - 110 PUSH-UPS
DAY 21 - REST
DAY 22 - 115 PUSH-UPS
DAY 23 - 120 PUSH-UPS
DAY 24 - 125 PUSH-UPS
DAY 25 - 130 PUSH-UPS
DAY 26 - 135 PUSH-UPS
DAY 27 - 140 PUSH-UPS
DAY 28 - REST
DAY 29 - 145 PUSH-UPS
DAY 30 - 150 PUSH-UPS

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

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