

28-DAY PUSH-UP CHALLENGE



DAY	BEGINNER	ADVANCED
Day 1	5 Kneeling Push-Ups	15 Push-Ups
Day 2	6 Kneeling Push-Ups	16 Push-Ups
Day 3	7 Kneeling Push-Ups	17 Push-Ups
Day 4	8 Kneeling Push-Ups	18 Push-Ups
Day 5	9 Kneeling Push-Ups	19 Push-Ups
Day 6	10 Kneeling Push-Ups	20 Push-Ups
Day 7	REST	REST
Day 8	2 Full Push-Ups 10 Kneeling Push-Ups	21 Push-Ups 5 Down Dog Push-Ups
Day 9	3 Full Push-Ups 10 Kneeling Push-Ups	22 Push-Ups 6 Down Dog Push-Ups
Day 10	4 Full Push-Ups 10 Kneeling Push-Ups	23 Push-Ups 7 Down Dog Push-Ups
Day 11	5 Full Push-Ups 10 Kneeling Push-Ups	24 Push-Ups 8 Down Dog Push-Ups
Day 12	6 Full Push-Ups 10 Kneeling Push-Ups	25 Push-Ups 9 Down Dog Push-Ups
Day 13	7 Full Push-Ups 10 Kneeling Push-Ups	26 Push-Ups 10 Down Dog Push-Ups
Day 14	REST	REST

DAY	BEGINNER	ADVANCED
Day 15	7 Full Push-Ups, 10 Kneeling Push-Ups	26 Push-Ups 2 Push-Up Punches
Day 16	7 Full Push-Ups 11 Kneeling Push-Ups	26 Push-Ups 4 Push-Up Punches
Day 17	7 Full Push-Ups 12 Kneeling Push-Ups	26 Push-Ups 6 Push-Up Punches
Day 18	7 Full Push-Ups 13 Kneeling Push-Ups	26 Push-Ups 8 Push-Up Punches
Day 19	7 Full Push-Ups 14 Kneeling Push-Ups	26 Push-Ups 10 Push-Up Punches
Day 20	7 Full Push-Ups 15 Kneeling Push-Ups	26 Push-Ups 12 Push-Up Punches
Day 21	REST	REST
Day 22	8 Full Push-Ups 15 Kneeling Push-Ups	30 Push-Ups 6 Push-Up Ts
Day 23	9 Full Push-Ups 15 Kneeling Push-Ups	30 Push-Ups 8 Push-Up Ts
Day 24	10 Full Push-Ups 15 Kneeling Push-Ups	30 Push-Ups 10 Push-Up Ts
Day 25	11 Full Push-Ups 15 Kneeling Push-Ups	30 Push-Ups 12 Push-Up Ts
Day 26	12 Full Push-Ups 15 Kneeling Push-Ups	30 Push-Ups 14 Push-Up Ts
Day 27	13 Full Push-Ups 15 Kneeling Push-Ups	30 Push-Ups 16 Push-Up Ts
Day 28	15 Full Push-Ups 15 Kneeling Push-Ups	20 Push-Ups 10 Down Dog Push-Ups 10 Push-Up Punches 10 Push-Up Ts