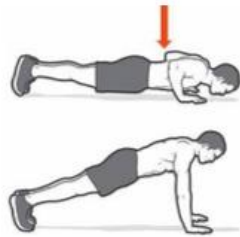
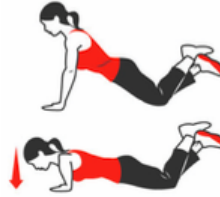


30-Day Push-Ups Challenge | Advanced

To determine your level of difficulty, please complete an upper body assessment by doing push-ups for 1 minute. If you can do 15 or more push-ups, this is the right level for you.



Push-Up



Bent Knee Push-Up

Day 1

10 Push-Ups

Day 2

10 Push-Ups

Day 3

12 Push-Ups

Day 4

Rest Day

Day 5

12 Push-Ups

Day 6

15 Push-Ups

Day 7

Rest Day

Day 8

15 Push-ups

Day 9

18 Push-Ups

Day 10

20 Push-Ups

Day 11

Rest Day

Day 12

20 Push-Ups

Day 13

23 Push-Ups

Day 14

25 Push-Ups

Day 15

Rest Day

Day 16

25 Push-Ups

Day 17

28 Push-Ups

Day 18

Rest Day

Day 19

30 Push-Ups

Day 20

33 Push-Ups

Day 21

35 Push-Ups

Day 22

Rest Day

Day 23

38 Push-Ups

Day 24

40 Push-Ups

Day 25

43 Push-Ups

Day 26

Rest Day

Day 27

45 Push-Ups

Day 28

47 Push-Ups

Day 29

Rest Day

Day 30

47 Push-Ups

Day 31

50 Push-Ups