

TIFF x DAN

30 DAY ADVANCED PUSH UP CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FITNESS TEST Complete as many standard push ups as possible without rest Standard Push Ups 3 sets x 10 reps	Wide Push Ups 3 sets x 8 reps Eccentric Push Ups 3 sets x 8 reps	Standard Push Ups 3 sets x 12 reps Diamond Push Ups 3 sets x 6 reps	Eccentric Push Ups 3 sets x 10 reps Clap Push Ups 3 sets x 4 reps	Wide Push Ups 3 sets x 10 reps Diamond Push Ups 3 sets x 8 reps	Standard Push Ups 3 sets x 15 reps	REST DAY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Wide Push Ups 3 sets x 12 reps Clap Push Ups 3 sets x 5 reps	Standard Push Ups 3 sets x 18 reps Diamond Push Ups 3 sets x 10 reps	FITNESS TEST Complete as many standard push ups as possible without rest Eccentric Push Ups 3 sets x 12 reps	Wide Push Ups 3 sets x 15 reps Clap Push Ups 3 sets x 6 reps	Standard Push Ups 3 sets x 20 reps Diamond Push Ups 3 sets x 12 reps	Eccentric Push Ups 3 sets x 15 reps	REST DAY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Diamond Push Ups 4 sets x 8 reps Clap Push Ups 4 sets x 5 reps	Standard Push Ups 4 sets x 15 reps Wide Push Ups 4 sets x 12 reps	Diamond Push Ups 4 sets x 10 reps Eccentric Push Ups 4 sets x 10 reps	Wide Push Ups 4 sets x 15 reps Clap Push Ups 4 sets x 6 reps	Standard Push Ups 4 sets x 20 reps	FITNESS TEST Complete as many standard push ups as possible without rest Eccentric Push Ups 4 sets x 12 reps	REST DAY
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Wide Push Ups 4 sets x 18 reps Diamond Push Ups 4 sets x 12 reps	Standard Push Ups 4 sets x 25 reps Clap Push Ups 4 sets x 8 reps	Wide Push Ups 4 sets x 20 reps Eccentric Push Ups 4 sets x 15 reps	Standard Push Ups 4 sets x 25 reps Diamond Push Ups 4 sets x 15 reps	Eccentric Push Ups 4 sets x 20 reps Clap Push Ups 4 sets x 10 reps	Wide Push Ups 4 sets x 25 reps	REST DAY
DAY 29	DAY 30	NOTES				
Standard Push Ups 5 sets x 25 reps Diamond Push Ups 4 sets x 20 reps	FITNESS TEST Complete as many incline push ups as possible without rest Eccentric Push Ups 5 sets x 25 reps	Fitness Test Days: Complete as many reps as possible, rest 1-2 minutes, then complete the push ups listed				

GOALS	MAX PUSH UPS
	DAY 1
	DAY 10
	DAY 20
	DAY 30