

TIFF x DAN

30 DAY BEGINNER PUSH UP CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FITNESS TEST Complete as many wall push ups as possible w/o rest. Wall Push Ups 3 sets x 5 reps	Wall Push Ups 3 sets x 6 reps	Wall Push Ups 3 sets x 7 reps	Wall Push Ups 3 sets x 8 reps	Wall Push Ups 3 sets x 9 reps	Wall Push Ups 3 sets x 10 reps	REST DAY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Wall Push Ups 3 sets x 11 reps	Wall Push Ups 3 sets x 12 reps	FITNESS TEST Complete as many incline push ups as possible w/o rest. Incline Push Ups 3 sets x 5 reps	Incline Push Ups 3 sets x 6 reps	Incline Push Ups 3 sets x 7 reps	Incline Push Ups 3 sets x 8 reps	REST DAY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Incline Push Ups 3 sets x 9 reps	Incline Push Ups 3 sets x 10 reps	Incline Push Ups 3 sets x 11 reps	Incline Push Ups 3 sets x 12 reps	Kneeling Push Ups 3 sets x 5 reps	FITNESS TEST Complete as many incline push ups as possible w/o rest. Kneeling Push Ups 3 sets x 6 reps	REST DAY
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Kneeling Push Ups 3 sets x 7 reps	Kneeling Push Ups 3 sets x 8 reps	Kneeling Push Ups 3 sets x 9 reps	Kneeling Push Ups 3 sets x 10 reps	Standard Push Ups 3 sets x 3 reps	Standard Push Ups 3 sets x 4 reps	REST DAY
DAY 29	DAY 30	NOTES				
Standard Push Ups 3 sets x 5 reps	FITNESS TEST Complete as many incline push ups as possible w/o rest. Standard Push Ups 3 sets x 6 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	