



30 Day Challenge

Level 1 / Beginner

Day 1	Day 2	Day 3	Day 4	Day 5
4 Knee Pushups 4 Knee Pushups 3 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine	5 Knee Pushups 4 Knee Pushups 3 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine	6 Knee Pushups 5 Knee Pushups 4 Knee Pushups
Day 6	Day 7	Day 8	Day 9	Day 10
Chest Stretch Shoulder Routine Wrist Routine	Rest Day	7 Knee Pushups 6 Knee Pushups 5 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine	8 Knee Pushups 7 Knee Pushups 5 Knee Pushups
Day 11	Day 12	Day 13	Day 14	Day 15
Chest Stretch Shoulder Routine Wrist Routine	9 Knee Pushups 8 Knee Pushups 6 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine	Rest Day	10 Knee Pushups 8 Knee Pushups 6 Knee Pushups
Day 16	Day 17	Day 18	Day 19	Day 20
Chest Stretch Shoulder Routine Wrist Routine	11 Knee Pushups 9 Knee Pushups 7 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine	12 Knee Pushups 10 Knee Pushups 8 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine
Day 21	Day 22	Day 23	Day 24	Day 25
Rest Day	13 Knee Pushups 11 Knee Pushups 8 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine	14 Knee Pushups 12 Knee Pushups 9 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
15 Knee Pushups 12 Knee Pushups 9 Knee Pushups	Chest Stretch Shoulder Routine Wrist Routine	Rest Day	16 Knee Pushups 13 Knee Pushups 10 Knee Pushups	20 Knee Pushups

