



30 Day Challenge

Level 2 / Novice

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

