



30 Day Challenge

Level 3 / Advanced

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

