



30 Day Challenge

Level 4A / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
10 Pushups 8 Pushups 6 Pushups	12 Pushups 10 Pushups 7 Pushups	Chest Stretch Shoulder Routine Wrist Routine	12 Pushups 10 Pushups 7 Pushups	14 Pushups 11 Pushups 9 Pushups
Day 6	Day 7	Day 8	Day 9	Day 10
Chest Stretch Shoulder Routine Wrist Routine	16 Pushups 13 Pushups 10 Pushups	18 Pushups 14 Pushups 11 Pushups	Chest Stretch Shoulder Routine Wrist Routine	20 Pushups 16 Pushups 12 Pushups
Day 11	Day 12	Day 13	Day 14	Day 15
22 Pushups 17 Pushups 13 Pushups	Chest Stretch Shoulder Routine Wrist Routine	23 Pushups 19 Pushups 14 Pushups	25 Pushups 20 Pushups 16 Pushups	Chest Stretch Shoulder Routine Wrist Routine
Day 16	Day 17	Day 18	Day 19	Day 20
27 Pushups 22 Pushups 17 Pushups	29 Pushups 23 Pushups 18 Pushups	Chest Stretch Shoulder Routine Wrist Routine	31 Pushups 25 Pushups 19 Pushups	33 Pushups 26 Pushups 20 Pushups
Day 21	Day 22	Day 23	Day 24	Day 25
Chest Stretch Shoulder Routine Wrist Routine	35 Pushups 28 Pushups 21 Pushups	37 Pushups 29 Pushups 23 Pushups	Chest Stretch Shoulder Routine Wrist Routine	38 Pushups 31 Pushups 24 Pushups
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
39 Pushups 32 Pushups 25 Pushups	Chest Stretch Shoulder Routine Wrist Routine	40 Pushups 34 Pushups 26 Pushups	Chest Stretch Shoulder Routine Wrist Routine	50 Pushups

