



30 Day Challenge

Level 4B / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
15 Pushups 12 Pushups 9 Pushups	18 Pushups 15 Pushups 11 Pushups	Chest Stretch Shoulder Routine Wrist Routine	18 Pushups 15 Pushups 11 Pushups	21 Pushups 17 Pushups 13 Pushups
Day 6	Day 7	Day 8	Day 9	Day 10
Chest Stretch Shoulder Routine Wrist Routine	24 Pushups 19 Pushups 15 Pushups	27 Pushups 21 Pushups 16 Pushups	Chest Stretch Shoulder Routine Wrist Routine	30 Pushups 24 Pushups 18 Pushups
Day 11	Day 12	Day 13	Day 14	Day 15
33 Pushups 26 Pushups 20 Pushups	Chest Stretch Shoulder Routine Wrist Routine	35 Pushups 28 Pushups 21 Pushups	38 Pushups 30 Pushups 24 Pushups	Chest Stretch Shoulder Routine Wrist Routine
Day 16	Day 17	Day 18	Day 19	Day 20
41 Pushups 33 Pushups 25 Pushups	44 Pushups 35 Pushups 27 Pushups	Chest Stretch Shoulder Routine Wrist Routine	46 Pushups 37 Pushups 29 Pushups	49 Pushups 39 Pushups 30 Pushups
Day 21	Day 22	Day 23	Day 24	Day 25
Chest Stretch Shoulder Routine Wrist Routine	52 Pushups 42 Pushups 32 Pushups	55 Pushups 44 Pushups 34 Pushups	Chest Stretch Shoulder Routine Wrist Routine	57 Pushups 46 Pushups 36 Pushups
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
59 Pushups 48 Pushups 37 Pushups	Chest Stretch Shoulder Routine Wrist Routine	60 Pushups 51 Pushups 39 Pushups	Chest Stretch Shoulder Routine Wrist Routine	75 Pushups

