



30 Day Challenge

Level 4C / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
20 Pushups 16 Pushups 12 Pushups	24 Pushups 19 Pushups 14 Pushups	Chest Stretch Shoulder Routine Wrist Routine	24 Pushups 19 Pushups 14 Pushups	28 Pushups 22 Pushups 17 Pushups
Day 6	Day 7	Day 8	Day 9	Day 10
Chest Stretch Shoulder Routine Wrist Routine	31 Pushups 25 Pushups 19 Pushups	35 Pushups 28 Pushups 21 Pushups	Chest Stretch Shoulder Routine Wrist Routine	39 Pushups 31 Pushups 24 Pushups
Day 11	Day 12	Day 13	Day 14	Day 15
43 Pushups 34 Pushups 26 Pushups	Chest Stretch Shoulder Routine Wrist Routine	46 Pushups 37 Pushups 28 Pushups	50 Pushups 40 Pushups 31 Pushups	Chest Stretch Shoulder Routine Wrist Routine
Day 16	Day 17	Day 18	Day 19	Day 20
54 Pushups 43 Pushups 33 Pushups	58 Pushups 46 Pushups 35 Pushups	Chest Stretch Shoulder Routine Wrist Routine	61 Pushups 49 Pushups 38 Pushups	65 Pushups 52 Pushups 40 Pushups
Day 21	Day 22	Day 23	Day 24	Day 25
Chest Stretch Shoulder Routine Wrist Routine	69 Pushups 55 Pushups 42 Pushups	73 Pushups 58 Pushups 45 Pushups	Chest Stretch Shoulder Routine Wrist Routine	76 Pushups 61 Pushups 47 Pushups
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
78 Pushups 64 Pushups 49 Pushups	Chest Stretch Shoulder Routine Wrist Routine	80 Pushups 67 Pushups 52 Pushups	Chest Stretch Shoulder Routine Wrist Routine	100 Pushups

