



30 Day Challenge

Level 5A / PRO

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

