



30 Day Challenge

Level 5B / PRO

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

