



30 Day Challenge

Level 5C / PRO

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

