

1,000 PUSH-UPS

30-DAY CHALLENGE © darebee.com

split total reps
into manageable sets



1 30 push-ups	2 10 second plank hold twice a day	3 35 push-ups	4 10 second plank hold 3 times a day	5 40 push-ups
6 20 seconds plank hold twice a day	7 45 push-ups	8 20 seconds plank hold 3 times a day	9 50 push-ups	10 25 seconds plank hold twice a day
11 55 push-ups	12 25 seconds plank hold 3 times a day	13 60 push-ups	14 30 seconds plank hold twice a day	15 65 push-ups
16 30 seconds plank hold 3 times a day	17 70 push-ups	18 35 seconds plank hold twice a day	19 75 push-ups	20 35 seconds plank hold 3 times a day
21 80 push-ups	22 40 seconds plank hold twice a day	23 85 push-ups	24 40 seconds plank hold 3 times a day	25 90 push-ups
26 45 seconds plank hold twice a day	27 100 push-ups	28 60 seconds plank hold twice a day	29 120 push-ups	30 60 seconds plank hold 3 times a day