

FIRST THING PUSH UPS



30-DAY CHALLENGE

© darebee.com

1 10 push-ups in total after waking up	2 20 push-ups in total after waking up	3 30 push-ups in total after waking up	4 10 push-ups in total after waking up	5 30 push-ups in total after waking up
6 10 push-ups in total after waking up	7 40 push-ups in total after waking up	8 10 push-ups in total after waking up	9 45 push-ups in total after waking up	10 50 push-ups in total after waking up
11 10 push-ups in total after waking up	12 55 push-ups in total after waking up	13 10 push-ups in total after waking up	14 20 push-ups in total after waking up	15 30 push-ups in total after waking up
16 60 push-ups in total after waking up	17 10 push-ups in total after waking up	18 15 push-ups in total after waking up	19 65 push-ups in total after waking up	20 20 push-ups in total after waking up
21 10 push-ups in total after waking up	22 20 push-ups in total after waking up	23 30 push-ups in total after waking up	24 70 push-ups in total after waking up	25 20 push-ups in total after waking up
26 10 push-ups in total after waking up	27 20 push-ups in total after waking up	28 30 push-ups in total after waking up	29 10 push-ups in total after waking up	30 80 push-ups in total after waking up