

# knee push-ups

— 30-DAY CHALLENGE —

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1 5 knee push-ups 3 sets   30sec rest	2 20 seconds knee push-up hold	3 5 knee push-ups 3 sets   30sec rest	4 20 seconds knee push-up hold	5 6 knee push-ups 3 sets   30sec rest
6 25 seconds knee push-up hold	7 6 knee push-ups 3 sets   30sec rest	8 25 seconds knee push-up hold	9 7 knee push-ups 3 sets   30sec rest	10 30 seconds knee push-up hold
11 7 knee push-ups 3 sets   30sec rest	12 30 seconds knee push-up hold	13 8 knee push-ups 3 sets   30sec rest	14 35 seconds knee push-up hold	15 8 knee push-ups 3 sets   30sec rest
16 35 seconds knee push-up hold	17 9 knee push-ups 3 sets   30sec rest	18 40 seconds knee push-up hold	19 9 knee push-ups 3 sets   30sec rest	20 40 seconds knee push-up hold
21 10 knee push-ups 3 sets   30sec rest	22 45 seconds knee push-up hold	23 10 knee push-ups 3 sets   30sec rest	24 45 seconds knee push-up hold	25 11 knee push-ups 3 sets   30sec rest
26 50 seconds knee push-up hold	27 11 knee push-ups 3 sets   30sec rest	28 50 seconds knee push-up hold	29 12 knee push-ups 3 sets   30sec rest	30 60 seconds knee push-up hold