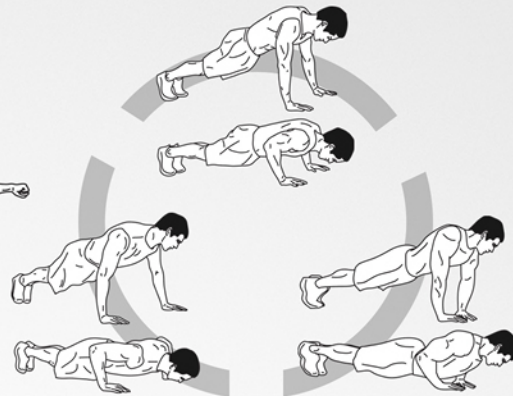


push-up ladder

30-DAY CHALLENGE



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| | | | | | | | | | |
|----|--|----|---|----|--|----|---|----|---|
| 1 | 4 wide grip 6 classic grip 4 close grip 30sec rest 3 sets | 2 | 500 punches throughout the day | 3 | 4 wide grip 8 classic grip 4 close grip 30sec rest 3 sets | 4 | 500 punches throughout the day | 5 | 4 wide grip 10 classic grip 4 close grip 30sec rest 3 sets |
| 6 | 600 punches throughout the day | 7 | 4 wide grip 12 classic grip 4 close grip 30sec rest 3 sets | 8 | 600 punches throughout the day | 9 | 4 wide grip 14 classic grip 4 close grip 30sec rest 3 sets | 10 | 700 punches throughout the day |
| 11 | 6 wide grip 4 classic grip 4 close grip 30sec rest 3 sets | 12 | 700 punches throughout the day | 13 | 8 wide grip 4 classic grip 4 close grip 30sec rest 3 sets | 14 | 800 punches throughout the day | 15 | 10 wide grip 4 classic grip 4 close grip 30sec rest 3 sets |
| 16 | 800 punches throughout the day | 17 | 12 wide grip 4 classic grip 4 close grip 30sec rest 3 sets | 18 | 900 punches throughout the day | 19 | 14 wide grip 4 classic grip 4 close grip 30sec rest 3 sets | 20 | 900 punches throughout the day |
| 21 | 4 wide grip 4 classic grip 6 close grip 30sec rest 3 sets | 22 | 1000 punches throughout the day | 23 | 4 wide grip 4 classic grip 8 close grip 30sec rest 3 sets | 24 | 1000 punches throughout the day | 25 | 4 wide grip 4 classic grip 10 close grip 30sec rest 3 sets |
| 26 | 1200 punches throughout the day | 27 | 4 wide grip 4 classic grip 12 close grip 30sec rest 3 sets | 28 | 1200 punches throughout the day | 29 | 4 wide grip 4 classic grip 14 close grip 30sec rest 3 sets | 30 | 1400 punches throughout the day |