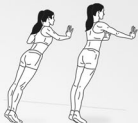


DAILY PUSH UPS



30-DAY CHALLENGE

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