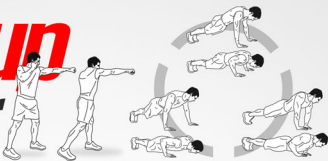


# push-up ladder



30-DAY CHALLENGE

© darebee.com

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