

# 30 Days to 50 Push-Ups

DAY 1	5 Push-ups	✓	DAY 16	24 Push-ups	
DAY 2	5 Push-ups		DAY 17	REST	
DAY 3	REST		DAY 18	25 Push-ups	
DAY 4	5 Push-ups		DAY 19	30 Push-ups	
DAY 5	10 Push-ups		DAY 20	REST	
DAY 6	REST		DAY 21	32 Push-ups	
DAY 7	10 Push-ups		DAY 22	35 Push-ups	
DAY 8	REST		DAY 23	35 Push-ups	
DAY 9	12 Push-ups		DAY 24	REST	
DAY 10	12 Push-ups		DAY 25	38 Push-ups	
DAY 11	REST		DAY 26	40 Push-ups	
DAY 12	15 Push-ups		DAY 27	REST	
DAY 13	15 Push-ups		DAY 28	42 Push-ups	
DAY 14	REST		DAY 29	45 Push-ups	
DAY 15	20 Push-ups		DAY 30	50 Push-ups	

*See the September issue of Health Works for examples of types of pushups.*