

# Push Up Challenge 2015

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## 30 Day Challenge

Follow this plan and post your progress, before and after photos etc... on our [Facebook](#) or [Instagram](#) page for your chance to win a [Massage Voucher at Illawarra Sports Medicine Clinic](#).

Use the hash tag #chodatfitness30daychallenge and we'll choose the best photo and results to win!

Work on technique starting on your knees or using a wall standing, move to toes if you can complete a 10 full push-ups to the ground and up. *(In this progression challenge, we are assuming you are a beginner)*

**DAY 1** – 10 PUSH UP (as low as you can get to the ground) & 10 FROM BELLY/ GROUND UP

**DAY 2** - 12 PUSH UP & 12 FROM BELLY/ GROUND UP

**DAY 3** – 15 PUSH UP & 15 FROM BELLY/ GROUND UP

**DAY 4** – REST DAY

**DAY 5** - 18 PUSH UP & 18 FROM BELLY/ GROUND UP

**DAY 6** – 20 PUSH UP & 20 FROM BELLY/ GROUND UP

**DAY 7** – 20 PUSH UP & 20 FROM BELLY/ GROUND UP

**DAY 8** – REST DAY

**DAY 9** – 20 FULL PUSH UP aiming to get as low to the ground as possible

**DAY 10** – 21 FULL PUSH UP

**DAY 11** – 22 FULL PUSH UP

**DAY 12** - REST DAY

**DAY 13** – 25 FULL PUSH UP

**DAY 14** - 27 FULL PUSH UP

**DAY 15** - 29 FULL PUSH UP

**DAY 16** - REST DAY

**DAY 17** - 1 MIN CHALLENGE = REPS Time 1 min and do as many push ups as you in the time. Place a water bottle under your chest and touch each rep, counted as one.

**DAY 18** - 1 MIN CHALLENGE = REPS

**DAY 19** - 1.30 MIN CHALLENGE = REPS

**DAY 20** - REST DAY

**DAY 21** - 35 FULL PUSH UP

**DAY 22** - 36 FULL PUSH UP

**DAY 23** - 37 FULL PUSH UP

**DAY 24** - REST DAY

**DAY 25** - 1 MIN CHALLENGE = REPS complete this two times with a 1 min rest between

**DAY 26** - 1 MIN CHALLENGE = REPS complete this two times with a 1 min rest between

**DAY 27** - 1 MIN CHALLENGE = REPS complete this three times with a 1 min rest between

**DAY 28** - REST DAY

**DAY 29** - 45 FULL PUSH UP

**DAY 30** - 50 FULL PUSH UP

**DAY 31** – Test your 1 min maximum reps