

# 30 DAY PRESS UP CHALLENGE

<b>Day 01</b>	5 press ups	<b>Day 16</b>	50 press ups
<b>Day 02</b>	10 press ups	<b>Day 17</b>	55 press ups
<b>Day 03</b>	15 press ups	<b>Day 18</b>	60 press ups
<b>Day 04</b>	20 press ups	<b>Day 19</b>	<b>Rest Day</b>
<b>Day 05</b>	25 press ups	<b>Day 20</b>	60 press ups
<b>Day 06</b>	<b>Rest Day</b>	<b>Day 21</b>	65 press ups
<b>Day 07</b>	25 press ups	<b>Day 22</b>	70 press ups
<b>Day 08</b>	25 press ups	<b>Day 23</b>	75 press ups
<b>Day 09</b>	30 press ups	<b>Day 24</b>	80 press ups
<b>Day 10</b>	35 press ups	<b>Day 25</b>	85 press ups
<b>Day 11</b>	40 press ups	<b>Day 26</b>	<b>Rest Day</b>
<b>Day 12</b>	45 press ups	<b>Day 27</b>	85 press ups
<b>Day 13</b>	<b>Rest Day</b>	<b>Day 28</b>	90 press ups
<b>Day 14</b>	45 press ups	<b>Day 29</b>	95 press ups
<b>Day 15</b>	45 press ups	<b>Day 30</b>	<b>100 press ups</b>



TWEET US TO LET US KNOW HOW YOU GET ON **#HEALTHHUBCHALLENGE**

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