



30 Day Push Up Challenge

Day	Position	Reps	Notes
1	Incline		
2	Traditional or Military		
3	Wide Hands		
4	Pike or "V"		
5	Diamond or Close Hands		
6	Single Leg		
7	Knuckle		
8	Decline		
9	Staggered		
10	Push-up to Side Plank		
11	Spiderman		
12	Single Hand Medicine Ball		
13	Incline Resist-a-ball		
14	Decline Resist-a-ball		
15	Double Hand Medicine Ball		
16	Up & Downs or Plank		
17	Mountain Climber		
18	Side or Archer		
19	Superman		
20	Walk outs or Inchworm		
21	Wrestler or Hindu		
22	Reverse Hands		
23	Fingertip		
24	Plyometric		
25	One Hand		
26	Sphinx		
27	Down, Across, Up or Around the World		
28	Walking Spiderman		
29	TRX Atomic or Resistaball Atomic		
30	Wall or Hand Stand		
Bonus	Clock Push-ups	78	7