

3000

Push Ups

in 30 Days

Push ups are a great way for men to improve their strength.

Try this 30 day push up challenge and you'll feel a lot stronger!



BALD BROTHERS

3000

Push Ups

in 30 Days

If you enjoyed the challenge, then feel free to repeat the process and add an extra 10 to 20 push ups a day! Soon enough you'll be able to do 300 a day without any issues.

A good tip is to break the push ups into sets which you can manage. For example, if you can only do 15 or 20 push ups, then break down your daily push ups into sets of 15 or 20. And try increase them with time.

DAY # PUSH UPS DONE?

1 40 push ups

2 50 push ups

3 60 push ups

4 70 push ups

5 80 push ups

6 *Rest Day*

7 60 push ups

8 70 push ups

9 80 push ups

10 90 push ups

11 100 push ups

12 *Rest Day*

13 90 push ups

14 100 push ups

15 110 push ups

DAY	# PUSH UPS	DONE?
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16	120 push ups	<input type="checkbox"/>
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17	130 push ups	<input type="checkbox"/>
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18	Rest Day	<input type="checkbox"/>
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19	110 push ups	<input type="checkbox"/>
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20	120 push ups	<input type="checkbox"/>
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21	130 push ups	<input type="checkbox"/>
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22	140 push ups	<input type="checkbox"/>
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23	150 push ups	<input type="checkbox"/>
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24	Rest Day	<input type="checkbox"/>
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25	150 push ups	<input type="checkbox"/>
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26	160 push ups	<input type="checkbox"/>
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27	170 push ups	<input type="checkbox"/>
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28	180 push ups	<input type="checkbox"/>
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29	190 push ups	<input type="checkbox"/>
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30	250 push ups	<input type="checkbox"/>
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Workout

Quotes

Below are a few quotes to help keep you motivated!

"The only bad workout is the one that didn't happen"

"If it burns, you're getting closer"

"The best feeling is when you didn't want to exercise and you worked out anyway"

"Train insane or remain the same"

"Sore. The most satisfying pain"
