

30 Day Push Up Challenge

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1	2:00 minute test AMRAP Push Ups	Negative Push Ups 5 x 5 German Arm Swings x 5 R/L	Single Arm Push Up Plank 10 sec R/10 sec L Cat2Cow x 5	BodyWeight Rows 5 x 6 Lat Stretch x 15 sec r/l	Table Push Up EMOM 4 min 15 sec on/ 45 sec rest Hollow Tuck Hold 4 x15 sec /45 sec rest	Scap Push Ups 4 x 6 90/90 stretch x 5 R/L	Push up Plank Hold 5 rounds 15 sec hold 45 sec rest 1 set max Table Push Ups
Level 2	2:00 minute test AMRAP Push Ups	Push Ups 4 x 9 German Arm Swings x 5 R/L	Single Arm Push Up Plank 15 sec r/15 sec L Cat2Cow x 5	BodyWeight Rows 5 x 9 Lat Stretch x 15 sec r/l	Push Up EMOM 4 min 20 sec on/ 40 sec rest Hollow Tuck Hold 4 x 24 sec /45 sec rest	Scap Push Ups 4 x 9 90/90 stretch x 5 R/L	Push Up Plank Hold 5 rounds 20 sec hold 40 sec rest 1 set max Table Push Ups
Level 3	2:00 minute test AMRAP Push Ups	Push Ups 4 x 12 German Arm Swings x 5 R/L	Single Arm Push Up Plank 20 sec r/20 sec L Cat2Cow x 5	BodyWeight Rows Lat Stretch x 15 sec r/l	Push Up EMOM 5 min 25 sec on/ 35 sec rest Hollow Tuck Hold 4 x 36 sec /30 sec rest	Scap Push Ups 4 x 12 90/90 stretch x 5 R/L	Push Up Plank Hold 5 rounds 25 sec hold 35 sec rest 1 Set Max Push Ups
Level 4	2:00 minute test AMRAP Push Ups	Push Ups 4 x 15 German Arm Swings x 5 R/L	Single Arm Push Up Plank 25 sec r/25 sec L Cat2Cow x 5	BodyWeight Rows 5 x 9 Lat Stretch x 15 sec r/l	Push Up EMOM 6 min 30 sec on/ 30 sec rest Hollow Tuck Hold 4 x 48 sec /30 sec rest	Scap Push Ups 5 x 9 90/90 stretch x 5 R/L	Push Up Plank Hold 5 rounds 30 sec hold 30 sec rest 1 Set Max Push Ups

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1	Negative Push Ups 5 x 6 German Arm Swings x 5 R/L	BodyWeight Rows 5 x 7 Lat Stretch x 15 sec r/l	Single Arm Push Up Plank 12 sec R/12 sec L Cat2Cow x 5	Table Push Up EMOM 5 min 20 sec on/ 40 sec rest Hollow Tuck Hold 4x15 sec /45 sec rest	Scap Push Ups 4 x 8 90/90 stretch x 5 R/L	2:00 minute test AMRAP Push Ups	Push up Plank Hold 5 rounds 20 sec hold 40 sec rest 1 set max Table Push Ups
Level 2	Push Ups 4 x 12 German Arm Swings x 5 R/L	BodyWeight Rows 5 x 10 Lat Stretch x 15 sec r/l	Single Arm Push Up Plank 18 sec r/18 sec L Cat2Cow x 5	Push Up EMOM 5 min 25 sec on/ 35 sec rest Hollow Tuck Hold 4 x 24 sec /45 sec rest	Scap Push Ups 4 x 11 90/90 stretch x 5 R/L	2:00 minute test AMRAP Push Ups	Push Up Plank Hold 5 rounds 25 sec hold 35 sec rest 1 set max Table Push Ups
Level 3	Push Ups 4 x 15 German Arm Swings x 5 R/L	BodyWeight Rows 5 x 11 Lat Stretch x 15 sec r/l	Single Arm Push Up Plank 24 sec r/24 sec L Cat2Cow x 5	Push Up EMOM 6 min 30 sec on/ 30 sec rest Hollow Tuck Hold 4 x 36 sec /30 sec rest	Scap Push Ups 4 x 12 90/90 stretch x 5 R/L	2:00 minute test AMRAP Push Ups	Push Up Plank Hold 5 rounds 30 sec hold 30 sec rest 1 Set Max Push Ups
Level 4	Push Ups 5 x 15 German Arm Swings x 5 R/L	BodyWeight Rows 5 x 12 Lat Stretch x 15 sec r/l	Single Arm Push Up Plank 28 sec r/28 sec L Cat2Cow x 5	Push Up EMOM 7 min 35 sec on/ 25 sec rest Hollow Tuck Hold 4 x 48 sec /30 sec rest	Scap Push Ups 5 x 11 90/90 stretch x 5 R/L	2:00 minute test AMRAP Push Ups	Push Up Plank Hold 5 rounds 35 sec hold 25 sec rest 1 Set Max Push Ups

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1	BodyWeight Rows 5 x 8 Lat Stretch x 15 sec r/l	Negative Push Ups 5 x 7 German Arm Swings x 5 R/L	Single Arm Push Up Plank 14 sec R/14 sec L Cat2Cow x 5	Table Push Up EMOM 5 min 25 sec on/ 35 sec rest Hollow Tuck Hold 4x15 sec /45 sec rest	Scap Push Ups 4 x 10 90/90 stretch x 5 R/L	BodyWeight Rows 5 x 10 Lat Stretch x 15 sec r/l	Push up Plank Hold 5 rounds 25 sec hold 35 sec rest 1 set max Table Push Ups
Level 2	BodyWeight Rows 5 x 11 Lat Stretch x 15 sec r/l	Push Ups 4 x 14 German Arm Swings x 5 R/L	Single Arm Push Up Plank 21 sec r/21 sec L Cat2Cow x 5	Push Up EMOM 5 min 30 sec on/ 30 sec rest Hollow Tuck Hold 4 x 24 sec /45 sec rest	Scap Push Ups 4 x 12 90/90 stretch x 5 R/L	BodyWeight Rows 5 x 12 Lat Stretch x 15 sec r/l	Push Up Plank Hold 5 rounds 30 sec hold 30 sec rest 1 set max Table Push Ups
Level 3	BodyWeight Rows 5 x 12 Lat Stretch x 15 sec r/l	Push Ups 4 x 18 German Arm Swings x 5 R/L	Single Arm Push Up Plank 28 sec r/28 sec L Cat2Cow x 5	Push Up EMOM 6 min 35 sec on/ 25 sec rest Hollow Tuck Hold 4 x 36 sec /30 sec rest	Scap Push Ups 4 x 14 90/90 stretch x 5 R/L	BodyWeight Rows 5 x 14 Lat Stretch x 15 sec r/l	Push Up Plank Hold 5 rounds 35 sec hold 25sec rest 1 Set Max Push Ups
Level 4	BodyWeight Rows 5 x 13 Lat Stretch x 15 sec r/l	Push Ups 5 x 18 German Arm Swings x 5 R/L	Single Arm Push Up Plank 30 sec r/30 sec L Cat2Cow x 5	Push Up EMOM 7 min 40 sec on/ 20 sec rest Hollow Tuck Hold 4 x 48 sec /30 sec rest	Scap Push Ups 5 x 15 90/90 stretch x 5 R/L	BodyWeight Rows 5 x 15 Lat Stretch x 15 sec r/l	Push Up Plank Hold 5 rounds 40 sec hold 20 sec rest 1 Set Max Push Ups

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1	Negative Push Ups 5 x 8 German Arm Swings x 5 R/L	Single Arm Push Up Plank 18 sec R/18 sec L Cat2Cow x 5	Table Push Up EMOM 4 min 15 sec on/ 45 sec rest Hollow Tuck Hold 4x15 sec /45 sec rest	Scap Push Ups 4 x 6 90/90 stretch x 5 R/L	BodyWeight Rows 5 x 6 Lat Stretch x 15 sec r/l	Push up Plank Hold 5 rounds 15 sec hold 45 sec rest	<i>Rest</i>
Level 2	Push Ups 5 x 12 German Arm Swings x 5 R/L	Single Arm Push Up Plank 24 sec r/24 sec L Cat2Cow x 5	Push Up EMOM 4 min 20 sec on/ 40 sec rest Hollow Tuck Hold 4 x 24 sec /45 sec rest	Scap Push Ups 4 x 9 90/90 stretch x 5 R/L	BodyWeight Rows 5 x 9 Lat Stretch x 15 sec r/l	Push Up Plank Hold 5 rounds 20 sec hold 40 sec rest	<i>Rest No Push Up</i>
Level 3	Push Ups 5 x 15 German Arm Swings x 5 R/L	Single Arm Push Up Plank 30sec r/30 sec L Cat2Cow x 5	Push Up EMOM 5 min 25 sec on/ 35 sec rest Hollow Tuck Hold 4 x 36 sec /30 sec rest	Scap Push Ups 4 x 12 90/90 stretch x 5 R/L	BodyWeight Rows Lat Stretch x 15 sec r/l	Push Up Plank Hold 5 rounds 25 sec hold 35 sec rest	<i>Rest No Push Up</i>
Level 4	Push Ups 5 x 20 German Arm Swings x 5 R/L	Single Arm Push Up Plank 35 sec r/35 sec L Cat2Cow x 5	Push Up EMOM 6 min 30 sec on/ 30 sec rest Hollow Tuck Hold 4 x 48 sec /30 sec rest	Scap Push Ups 5 x 9 90/90 stretch x 5 R/L	BodyWeight Rows Lat Stretch x 15 sec r/l	Push Up Plank Hold 5 x 9 30 sec hold 30 sec rest	<i>Rest No Push Up</i>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Rest Push Up</i>	2:00 minute test AMRAP Push Ups	Retest					
<i>Rest No Push Up</i>	2:00 minute test AMRAP Push Ups	Retest					
<i>Rest No Push Up</i>	2:00 minute test AMRAP Push Ups	Retest					
<i>Rest No Push Up</i>	2:00 minute test AMRAP Push Ups	Retest					