

August

Push-Up Strength Challenge

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10 push-ups
2 2 x 10 push-ups	3 20 incline push-ups	4 10 push-ups 10 pike push-ups	5 10 incline push-ups 10 elbow tight push-ups 10 wide push-ups	6 3x 1:00 min plank	7 15 push-ups 10 pike push-ups 10 off set push-ups	8 2 x 10 push-ups 2 x 15 incline push-ups 2 x 10 wide push-ups
9 10 decline push-ups 10 diamond push-ups 10 elbow tight push-ups	10 15 wide push-ups 15 pike push-ups 16 off set push-ups	11 2 x 15 push-ups 2 x 15 incline push-ups 2 x 15 elbow tight push-ups	12 3 x 30 plank shoulder taps	13 2 x 10 decline push-ups 2 x 10 diamond push-ups 2 x 10 wide push-ups	14 10 spiderman push-ups 10 dive bomber push-ups 10 single leg push-ups	15 2 x 16 off set push-ups 2 x 15 pike push-ups 2 x 15 elbow tight push-ups
16 3 x 10 push-ups 3 x 10 wide push-ups 3 x 10 decline push-ups	17 2 x 10 single leg push-ups 2 x 10 diamond push-ups 2 x 10 push-ups	18 3 x 1:30min plank	19 2 x 10spiderman pushups 2 x 10 dive bomber push-ups 2x10 elbow tight pushup	20 3 x 15 decline push-ups 3 x 15 push-ups 3 x 15 pike push-ups	21 3 x 16 offset push-ups 3 x 15 wide push-ups 3 x 15 single leg push-ups	22 20 push-ups 20 pike push-ups 20 decline push-ups 20 diamond push-ups
23 20 elbow tight push-ups 20 single leg push-ups 20 divebomber pushups 20 spiderman pushups	24 4 x 40 plank shoulder taps	25 4 x 10 push-ups 4 x 10 wide push-ups 4 x 10 decline push-ups	26 4 x 10 pike push-ups 4 x 10 diamond push-ups 4 x 10 off set push-ups	27 2 x 15 push-ups 2 x 15 single leg pushups 2 x 15 divebomber 2 x 15 wide push-ups	28 4 x 15 pike push-ups 4 x 16 offset push-ups 4 x 15 decline pushups	29 2 x 20 push-ups 2 x 20 pike push-ups 2 x 20 wide push-ups 2 x 20 single leg pushups
30 4 x 1:30 min plank	31 4 x 15 push-ups 4 x 15 wide push-ups 4 x 15 decline push-ups 4 x 15 diamond pushups					

Learn the various push-up forms here: <https://youtu.be/-OIMQNtk1gc>