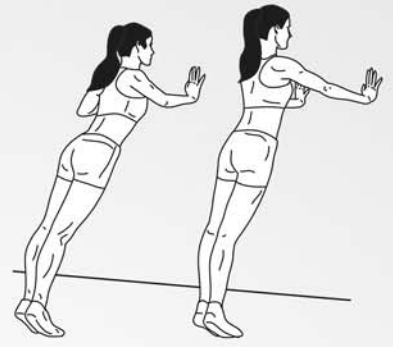


wall push-ups

30-DAY CHALLENGE



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1 12 wall push-ups 5 sets 30 seconds rest	2 wall push-up hold 3 sets to failure 30 seconds rest	3 12 wall push-ups 5 sets 30 seconds rest	4 wall push-up hold 3 sets to failure 30 seconds rest	5 12 wall push-ups 5 sets 30 seconds rest
6 wall push-up hold 3 sets to failure 30 seconds rest	7 14 wall push-ups 5 sets 30 seconds rest	8 wall push-up hold 3 sets to failure 30 seconds rest	9 14 wall push-ups 5 sets 30 seconds rest	10 wall push-up hold 3 sets to failure 30 seconds rest
11 14 wall push-ups 5 sets 30 seconds rest	12 wall push-up hold 3 sets to failure 30 seconds rest	13 16 wall push-ups 5 sets 30 seconds rest	14 wall push-up hold 3 sets to failure 30 seconds rest	15 16 wall push-ups 5 sets 30 seconds rest
16 wall push-up hold 3 sets to failure 30 seconds rest	17 16 wall push-ups 5 sets 30 seconds rest	18 wall push-up hold 3 sets to failure 30 seconds rest	19 18 wall push-ups 5 sets 30 seconds rest	20 wall push-up hold 3 sets to failure 30 seconds rest
21 18 wall push-ups 5 sets 30 seconds rest	22 wall push-up hold 3 sets to failure 30 seconds rest	23 18 wall push-ups 5 sets 30 seconds rest	24 wall push-up hold 3 sets to failure 30 seconds rest	25 20 wall push-ups 5 sets 30 seconds rest
26 wall push-up hold 3 sets to failure 30 seconds rest	27 20 wall push-ups 5 sets 30 seconds rest	28 wall push-up hold 3 sets to failure 30 seconds rest	29 20 wall push-ups 5 sets 30 seconds rest	30 wall push-up hold 3 sets to failure 30 seconds rest