

30-Day Push-Up Challenge

By Teresa M. Howes – For Active.com

Put down the weights and take your fitness to the next level. Test your body with this push-up challenge and watch how you transform, both mentally and physically, in 30 days.

Your task is to complete 100 push-ups a day for 30 days. Here's how:

Tips and Tools



30-Day Push-Up Challenge: 100 Push-Ups Per Day for 30 Days

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
____ # Toe Pushups: ____ # Knee Pushups: ____ Sets: ____	____	____ Take your Before Photo!	____	____ Get your support system ready - who's in this with you?	____ Remember: How many you do today does not matter!	____
____ # Toe Pushups: ____	____ What are you most proud of?	____	____ Who's noticed your bulging	____	____	____ Feeling Stronger?

1. Read proper form and injury prevention tips (below).
2. Pick your start date and write it in your calendar.
3. Forward this to a friend to enlist support. It's always more fun with a workout buddy.
4. Download your tracker (<http://forms.aweber.com/form/84/782925784.htm>).
5. Get social for more support and motivation. "Like" the 30-Day Challenge Series on Facebook (<https://www.facebook.com/30DayChallengeSeries>) and follow @30_Challenge on Twitter (https://twitter.com/30_Challenge).

Remember, some days are better than others. Don't get discouraged; keep your focus on the overall goal. This is why your tracker is so important in this challenge. Once you see that you are doing more in each set or have moved from your knees to your toes, you will be fired up with motivation to keep going.

Proper Form and Injury Prevention Tips

Push-Ups on Knees



- Keep your body in a straight line.
- Engage your core.
- Move wrists in line with the shoulders.
- Look forward, not down.



- As you lower, keep the elbows at 90 degrees.

Push-Ups on Toes



- Keep your body in a straight line.
- Engage your core.
- Move wrists in line with the shoulders.
- Fingers point straight.
- Look forward, not down.



- As you lower, make sure your body is in a straight line, engage the core, and bend the elbows 90 degrees.

Always listen to your body. This is a strenuous challenge, if you're body says take a day off, take it. Just get back on track the next day.