




push-up master

Pick a level and complete
the given number & style
of push-ups every day for 30 days.

easy 10 reps
hard 20 reps
advanced 30 reps

30-Day Challenge © darebee.com

1  classic	2  wide grip	3  close grip	4  staggered	5  stacked
6  raised leg	7  shoulder tap	8  dragon	9  judo	10  decline
11  skydiver	12  rotations	13  archer	14  side crunch	15  cross-body
16  pike	17  climber tap	18  tricep extension	19  glider	20  forward glider
21  grip change	22  walk-out	23  knuckle	24  cross tricep	25  circle
26  push back	27  power	28  clapping	29  reverse grip	30  one-arm