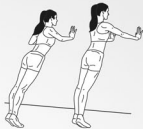


wall push-ups

— 30-DAY CHALLENGE —

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