

chest & arms

— 30-DAY CHALLENGE —



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