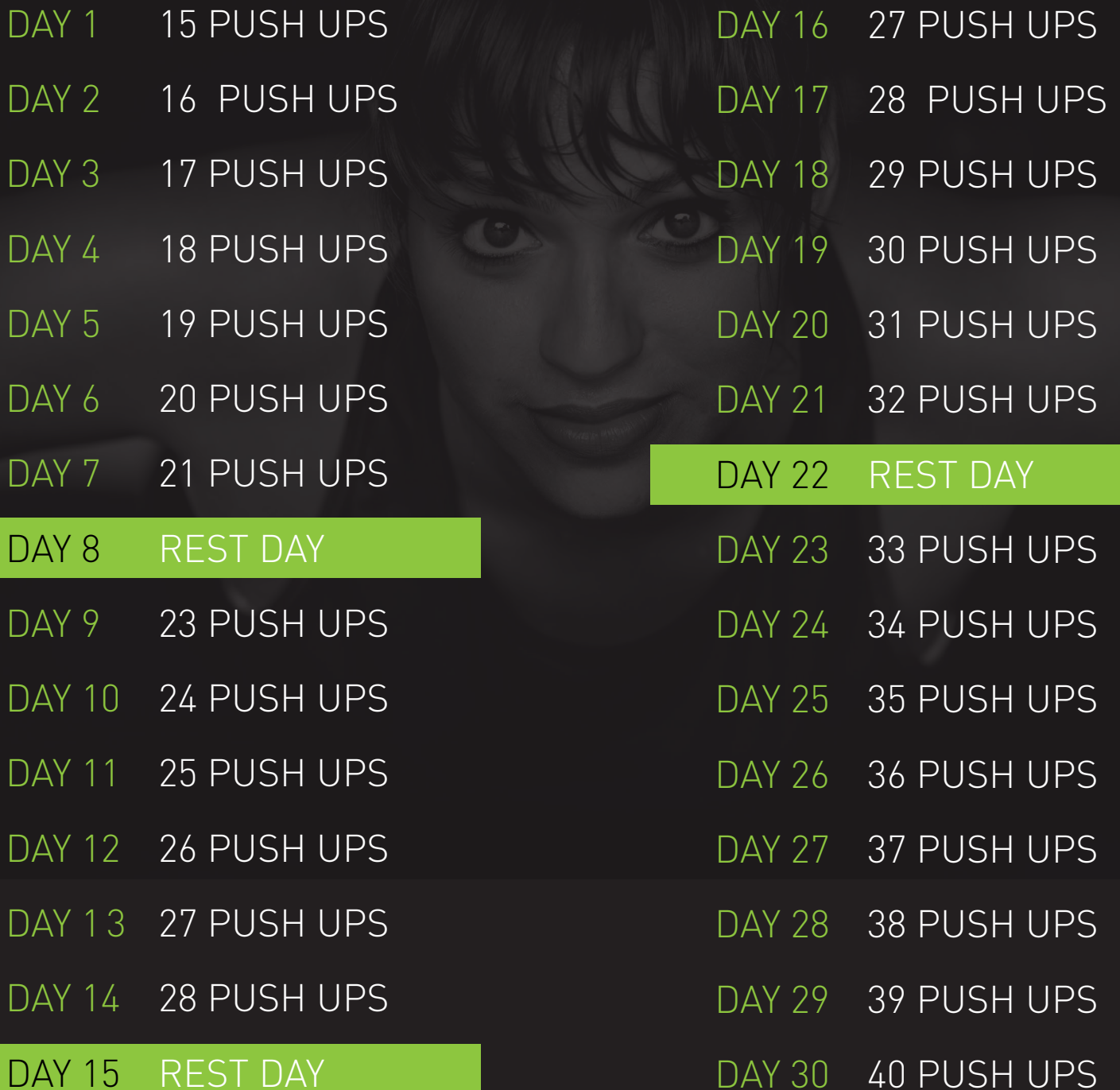


30 DAY CHALLENGE

PUSH UP



DAY 1	15 PUSH UPS	DAY 16	27 PUSH UPS
DAY 2	16 PUSH UPS	DAY 17	28 PUSH UPS
DAY 3	17 PUSH UPS	DAY 18	29 PUSH UPS
DAY 4	18 PUSH UPS	DAY 19	30 PUSH UPS
DAY 5	19 PUSH UPS	DAY 20	31 PUSH UPS
DAY 6	20 PUSH UPS	DAY 21	32 PUSH UPS
DAY 7	21 PUSH UPS	DAY 22	REST DAY
DAY 8	REST DAY	DAY 23	33 PUSH UPS
DAY 9	23 PUSH UPS	DAY 24	34 PUSH UPS
DAY 10	24 PUSH UPS	DAY 25	35 PUSH UPS
DAY 11	25 PUSH UPS	DAY 26	36 PUSH UPS
DAY 12	26 PUSH UPS	DAY 27	37 PUSH UPS
DAY 13	27 PUSH UPS	DAY 28	38 PUSH UPS
DAY 14	28 PUSH UPS	DAY 29	39 PUSH UPS
DAY 15	REST DAY	DAY 30	40 PUSH UPS