

# 30-day counter top push up challenge

**TONE**  
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DAY 1 15 PUSH UPS

DAY 2 16 PUSH UPS

DAY 3 17 PUSH UPS

DAY 4 18 PUSH UPS

DAY 5 19 PUSH UPS

DAY 6 20 PUSH UPS

DAY 7 21 PUSH UPS

DAY 8 REST DAY

DAY 9 23 PUSH UPS

DAY 10 24 PUSH UPS

DAY 11 25 PUSH UPS

DAY 12 26 PUSH UPS

DAY 13 27 PUSH UPS

DAY 14 28 PUSH UPS

DAY 15 REST DAY

DAY 16 27 PUSH UPS

DAY 17 28 PUSH UPS

DAY 18 29 PUSH UPS

DAY 19 30 PUSH UPS

DAY 20 31 PUSH UPS

DAY 21 32 PUSH UPS

DAY 22 REST DAY

DAY 23 33 PUSH UPS

DAY 24 34 PUSH UPS

DAY 25 35 PUSH UPS

DAY 26 36 PUSH UPS

DAY 27 37 PUSH UPS

DAY 28 38 PUSH UPS

DAY 29 39 PUSH UPS

DAY 30 40 PUSH UPS

