

JustEnjoyThis

7 day challenge

push-up challenge

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
20 Push-Up	20 Close Grip Push-up	20 Wide grip Push-Up	Burnout Do as many as you can until fatigue	30 Push-up	30 Close Grip Push-Up	30 Wide Grip Push-Up