

30 DAY

Upper Body Challenge

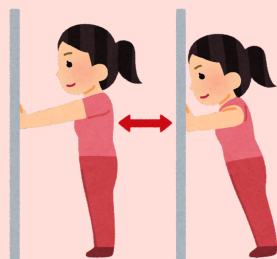
5 push ups	5 band or dumbbell rows (each side)	5 downward dog walkouts	5 shoulder press press	5 tricep dips
7 push ups	7 band or dumbbell rows (each side)	7 downward dog walkouts	7 shoulder press press	7 tricep dips
10 push ups	10 band or dumbbell rows (each side)	10 downward dog walkouts	10 shoulder press press	10 tricep dips
12 push ups	12 band or dumbbell rows (each side)	12 downward dog walkouts	12 shoulder press press	12 tricep dips
15 push ups	15 band or dumbbell rows (each side)	15 downward dog walkouts	15 shoulder press press	15 tricep dips
20 push ups	20 band or dumbbell rows (each side)	20 downward dog walkouts	20 shoulder press press	20 tricep dips

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Push Up Variations

Upper Body
Elevated



As you continue to progress reduce the elevation of your upper body. Start with a wall, decrease to a stable table, couch, eventually reaching horizontal!

Assisted
Banded



Using a mini-band is a great option for light assistance with your push up! Place both arms in your band around your upper bicep. When you push up, the band will resist against your chest giving you some assistance.

Knees



Knee push ups are a great option to reduce resistance of a push-up. Feel free to use a knee push up in addition to a band! If you choose this variation bring your heels to your bum, your knees will thank you!