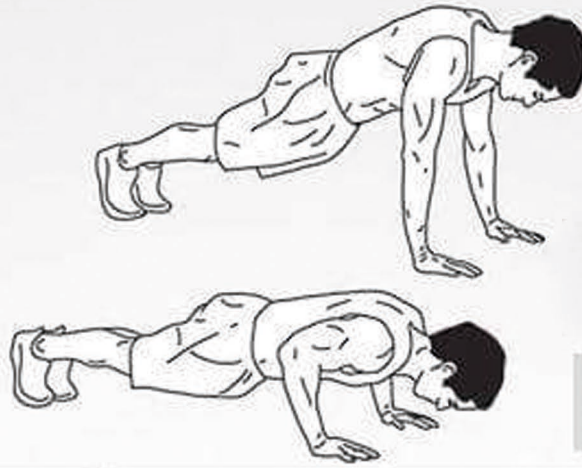


50 push-ups



neilarey.com

Day 1 2 reps 2 reps 4 reps	Day 2 3 reps 3 reps 6 reps	Day 3 3 x 10sec push-up plank	Day 4 8 reps 6 reps 4 reps	Day 5 10 reps 8 reps 6 reps
Day 6 5 reps 5 reps 2 reps	Day 7 3 x 15sec push-up plank	Day 8 6 reps 8 reps 10 reps	Day 9 8 reps 12 reps 10 reps	Day 10 4 reps 8 reps 4 reps
Day 11 3 x 20sec push-up plank	Day 12 16 reps 8 reps 6 reps	Day 13 14 reps 12 reps 14 reps	Day 14 5 reps 8 reps 5 reps	Day 15 4 x 20sec push-up plank
Day 16 5 reps 5 reps 10 reps	Day 17 20 reps 10 reps 10 reps	Day 18 8 reps 15 reps 8 reps	Day 19 5 x 20sec push-up plank	Day 20 10 reps 20 reps 10 reps
Day 21 10 reps 14 reps 18 reps	Day 22 20 reps 5 reps 5 reps	Day 23 5 x 25sec push-up plank	Day 24 5 reps 10 reps 5 reps	Day 25 5 reps 15 reps 10 reps
Day 26 25 reps 15 reps 15 reps	Day 27 6 x 25sec push-up plank	Day 28 30 reps 5 reps 5 reps	Day 29 rest day	Day 30 50 reps in one go