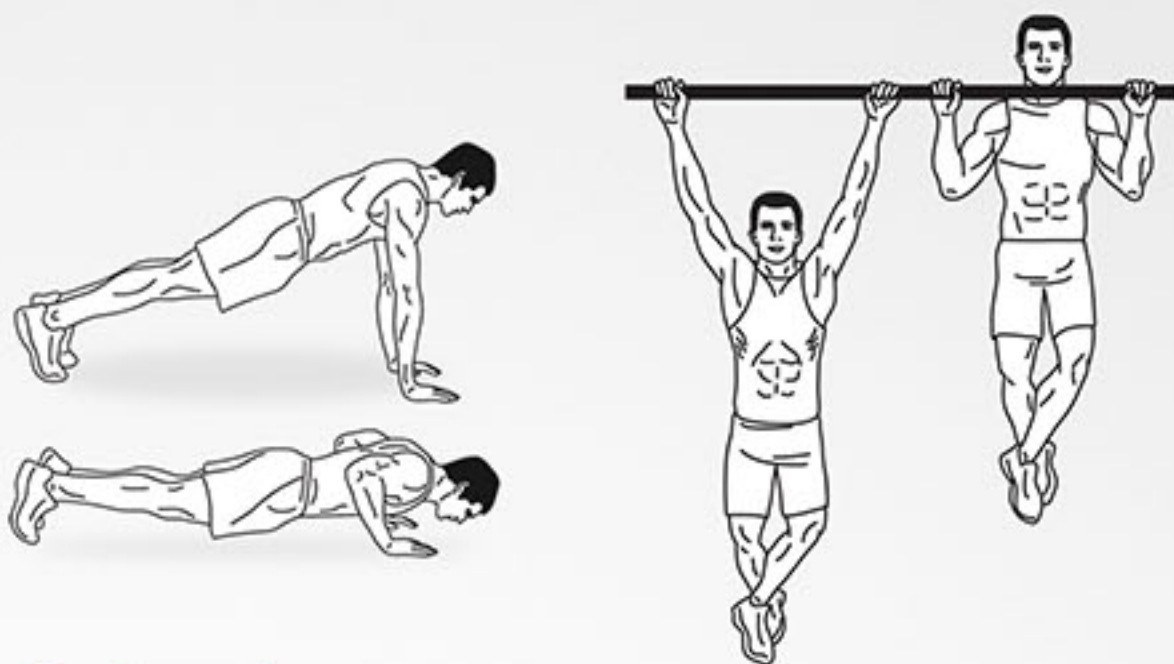


# PUSH AND PULL

— 30-DAY CHALLENGE —



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1	maximum push-ups <b>3 sets</b>   30sec rest	2	maximum pull-ups <b>3 sets</b>   30sec rest	3	maximum push-ups <b>3 sets</b>   30sec rest	4	maximum pull-ups <b>3 sets</b>   30sec rest	5	maximum push-ups <b>3 sets</b>   30sec rest
6	maximum pull-ups <b>3 sets</b>   30sec rest	7	maximum push-ups <b>3 sets</b>   30sec rest	8	maximum pull-ups <b>3 sets</b>   30sec rest	9	maximum push-ups <b>3 sets</b>   30sec rest	10	maximum pull-ups <b>3 sets</b>   30sec rest
11	maximum push-ups <b>3 sets</b>   30sec rest	12	maximum pull-ups <b>3 sets</b>   30sec rest	13	maximum push-ups <b>3 sets</b>   30sec rest	14	maximum pull-ups <b>3 sets</b>   30sec rest	15	maximum push-ups <b>3 sets</b>   30sec rest
16	maximum pull-ups <b>3 sets</b>   30sec rest	17	maximum push-ups <b>3 sets</b>   30sec rest	18	maximum pull-ups <b>3 sets</b>   30sec rest	19	maximum push-ups <b>3 sets</b>   30sec rest	20	maximum pull-ups <b>3 sets</b>   30sec rest
21	maximum push-ups <b>3 sets</b>   30sec rest	22	maximum pull-ups <b>3 sets</b>   30sec rest	23	maximum push-ups <b>3 sets</b>   30sec rest	24	maximum pull-ups <b>3 sets</b>   30sec rest	25	maximum push-ups <b>3 sets</b>   30sec rest
26	maximum pull-ups <b>3 sets</b>   30sec rest	27	maximum push-ups <b>3 sets</b>   30sec rest	28	maximum pull-ups <b>3 sets</b>   30sec rest	29	maximum push-ups <b>3 sets</b>   30sec rest	30	maximum pull-ups <b>3 sets</b>   30sec rest