

Press Up 14 DAY CHALLENGE



Day:	Option A:	Option B:	Day 9	20 Reps	40 Reps
Day 1	5 Reps	5 Reps	Day 10	Rest Day	Rest Day
Day 2	5 Reps	10 Reps	Day 11	25 Reps	45 Reps
Day 3	10 Reps	15 Reps	Day 12	25 Reps	50 Reps
Day 4	10 Reps	20 Reps	Day 13	30 Reps	55 Reps
Day 5	Rest Day	Rest Day	Day 14	30 Reps	60 Reps
Day 6	15 Reps	25 Reps	CHOOSE YOUR LEVEL A or b		
Day 7	15 Reps	30 Reps			
Day 8	20 Reps	35 Reps			

