



**MESSA  
Wellness**

[messa.org/wellness](https://messa.org/wellness)

Pushups provide a complete body workout, exercising your quads, calves, hamstrings, chest, shoulders, arms and wrists.

Doing pushups also stimulates your metabolic process and blood flow, allowing you to burn more calories in the rest of your workout.



CORE CORE CORE CORE CORE  
LEGS LEGS LEGS LEGS LEGS  
ARMS ARMS ARMS ARMS ARMS

# 30-DAY CHALLENGE

## PUSHUPS

### CHALLENGE

This challenge helps you build toward the goal of doing 50 pushups. On Day 1, do two pushups, rest, do two more, rest, do four pushups, rest, then finish with four pushups to complete the set.

Day 1 >>> 2, 2, 4, 4	Day 16 >>> 5, 5, 10, 5
Day 2 >>> 3, 3, 6, 6	Day 17 >>> 20, 10, 10, 8
Day 3 >>> 4, 6, 6, 6	Day 18 >>> 8, 15, 8, 8
Day 4 >>> 5, 6, 8, 4	Day 19 >>> 15, 10, 15, 5
Day 5 >>> 10, 8, 6, 4	Day 20 >>> 10, 20, 10, 8
Day 6 >>> 5, 5, 2, 4	Day 21 >>> 10, 14, 18, 10
Day 7 >>> 2, 2, 4, 2	Day 22 >>> 20, 5, 5, 5
Day 8 >>> 6, 8, 10, 2	Day 23 >>> 10, 20, 10, 10
Day 9 >>> 8, 12, 10, 8	Day 24 >>> 5, 10, 5, 10
Day 10 >>> 4, 8, 4, 8	Day 25 >>> 5, 15, 10, 10
Day 11 >>> 12, 8, 10, 6	Day 26 >>> 5, 15, 15, 10
Day 12 >>> 16, 8, 6, 6	Day 27 >>> 10, 10, 20, 8
Day 13 >>> 14, 12, 14, 12	Day 28 >>> 30, 5, 5, 5
Day 14 >>> 5, 8, 5, 10	Day 29 >>> 15, 15, 15, 15
Day 15 >>> 10, 15, 10, 15	Day 30 >>> 50 pushups