

## July Push-Up Challenge 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>10</b> Wide Arm Push Ups	2 <b>10</b> Triangle Push Ups	3 <b>10</b> 10 Regular Push Ups	4 <b>10</b> 10 Incline Push Ups
5 <b>10</b> Decline Push Ups	6 <b>10</b> Star Push Ups	7 <b>10</b> Single Leg Push Ups	8 <b>10</b> Wide Arm Push Ups	9 <b>15</b> Triangle Push Ups	10 <b>15</b> Regular Push Ups	11 <b>15</b> Incline Push Ups
12 <b>15</b> Decline Push Ups	13 <b>15</b> Star Push Ups	14 <b>15</b> Single Leg Push Ups	15 <b>15</b> Wide Arm Push Ups	16 <b>20</b> Triangle Push Ups	17 <b>20</b> Regular Push Ups	18 <b>20</b> Incline Push Ups
19 <b>20</b> Decline Push Ups	20 <b>20</b> Star Push Ups	21 <b>20</b> Single Leg Push Ups	22 <b>20</b> Wide Arm Push Ups	23 <b>25</b> Triangle Push Ups	24 <b>25</b> Regular Push Ups	25 <b>25</b> Incline Push Ups
26 <b>25</b> Decline Push Ups	27 <b>25</b> Star Push Ups	28 <b>25</b> Single Leg Push Ups	29 <b>25</b> Wide Arm Push Ups	30 <b>30</b> Triangle Push Ups	31 <b>30</b> Regular Push Ups	

*"You, Lord, give true peace and freedom to those who depend on you-when they trust in you." Isaiah 26:3*