

30 DAY CHALLENGE

THREE-TO-ONE



THOUSAND
SQUATS



THOUSAND
PRESS-UPS

DAY 1 40 squats 16 push-ups	DAY 2 45 squats 18 push-ups	DAY 3 50 squats 20 push-ups	DAY 4 REST DAY	DAY 5 55 squats 22 push-ups
DAY 6 60 squats 26 push-ups	DAY 7 65 squats 28 push-ups	DAY 8 REST DAY	DAY 9 70 squats 32 push-ups	DAY 10 75 squats 34 push-ups
DAY 11 80 squats 36 push-ups	DAY 12 REST DAY	DAY 13 90 squats 40 push-ups	DAY 14 100 squats 42 push-ups	DAY 15 110 squats 46 push-ups
DAY 16 REST DAY	DAY 17 120 squats 48 push-ups	DAY 18 130 squats 50 push-ups	DAY 19 140 squats 52 push-ups	DAY 20 REST DAY
DAY 21 150 squats 54 push-ups	DAY 22 160 squats 56 push-ups	DAY 23 180 squats 58 push-ups	DAY 24 REST DAY	DAY 25 200 squats 60 push-ups
DAY 26 240 squats 62 push-ups	DAY 27 260 squats 64 push-ups	DAY 28 REST DAY	DAY 29 280 squats 66 push-ups	DAY 30 300 squats 70 push-ups

Nothing is impossible - break the daily total into manageable sets and at the end of 30 days celebrate your achievement!