FOCUS REP · ONE PAGE · THIRTY DAYS

30 DAY PUSHUP CHALLENGE.

FOCUSREPS

START DATE _____ BASELINE TEST _____ DAY 30 GOAL 50 REPS

HOW IT WORKS. HIT THE DAILY REP COUNT ANY WAY YOU WANT. ONE SET, FIVE SETS, BROKEN ACROSS YOUR WORK BREAKS. EXERCISE SNACKS RESEARCH (ISLAM 2022, JENKINS 2019) SHOWS SHORT BOUTS SPREAD THROUGH THE DAY WORK. REST DAYS ARE NOT OPTIONAL. TICK THE BOX WHEN DONE.

DAILY GRID

6 WAVES · 3 WORK + 1 REST · FINAL TEST DAY 30

DAY 01 10 PUSHUPS ☐	DAY 02 12 PUSHUPS ☐	DAY 03 15 PUSHUPS ☐	DAY 04 REST WALK · WATER ☐	DAY 05 15 PUSHUPS ☐
DAY 06 18 PUSHUPS ☐	DAY 07 20 PUSHUPS ☐	DAY 08 REST WALK · WATER ☐	DAY 09 20 PUSHUPS ☐	DAY 10 23 PUSHUPS ☐
DAY 11 25 PUSHUPS ☐	DAY 12 REST WALK · WATER ☐	DAY 13 25 PUSHUPS ☐	DAY 14 28 PUSHUPS ☐	DAY 15 30 PUSHUPS ☐
DAY 16 REST WALK · WATER ☐	DAY 17 30 PUSHUPS ☐	DAY 18 33 PUSHUPS ☐	DAY 19 35 PUSHUPS ☐	DAY 20 REST WALK · WATER ☐
DAY 21 35 PUSHUPS ☐	DAY 22 38 PUSHUPS ☐	DAY 23 40 PUSHUPS ☐	DAY 24 REST WALK · WATER ☐	DAY 25 40 PUSHUPS ☐
DAY 26 43 PUSHUPS ☐	DAY 27 45 PUSHUPS ☐	DAY 28 REST WALK · WATER ☐	DAY 29 45 PUSHUPS ☐	DAY 30 50 FINAL TEST · ONE SET ☐