

# Push-Up Challenge 2024



**38,130 PUSH-UPS IN 30 DAYS**  
**TO PUSH-UP SURVIVORS OF SEXUAL ASSAULT**

## Beginner Challenge 318 push-ups in April

318 is 1/4 of 1271 (the number of sexual assaults' each month)  
break your daily amount into sets or do them all at once

Day 1	3 push-ups	Day 16	rest day
Day 2	5 push-ups	Day 17	15 push-ups
Day 3	6 push-ups	Day 18	16 or 2 sets of 8 push-ups
Day 4	rest day	Day 19	16 push-ups
Day 5	8 or 2 sets of 4 push-ups	Day 20	rest day
Day 6	8 push-ups	Day 21	18 or 2 sets of 9 push-ups
Day 7	10 or 2 sets of 5 push-ups	Day 22	20 or 2 sets of 10 push-ups
Day 8	rest day	Day 23	20 push-ups
Day 9	10 push-ups	Day 24	rest day
Day 10	12 or 2 sets of 6 push-ups	Day 25	22 or 2 sets of 11 push-ups
Day 11	12 push-ups	Day 26	22 push-ups
Day 12	rest day	Day 27	24 or 2 sets of 12 push-ups
Day 13	12 push-ups	Day 28	rest day
Day 14	14 or 2 sets of 7 push-ups	Day 29	24 push-ups
Day 15	14 push-ups	Day 30	25 push-ups

# Push-Up Challenge 2024



**38,130 PUSH-UPS IN 30 DAYS**  
**TO PUSH-UP SURVIVORS OF SEXUAL ASSAULT**

## Intermediate Challenge 635 push-ups in April

635 is 1/2 of 1271 (the number of sexual assaults' each month)

break your daily amount into sets or do them all at once

Day 1	5 push-ups	Day 16	rest day
Day 2	5 push-ups	Day 17	30 or 3 sets of 10 push-ups
Day 3	10 or 2 sets of 5 push-ups	Day 18	32 push-ups
Day 4	rest day	Day 19	34 push-ups
Day 5	10 push-ups	Day 20	rest day
Day 6	14 or 2 sets of 7 push-ups	Day 21	36 push-ups
Day 7	18 push-ups	Day 22	38 push-ups
Day 8	rest day	Day 23	40 or 4 sets of 10 push-ups
Day 9	20 or 2 sets of 10 push-ups	Day 24	rest day
Day 10	22 push-ups	Day 25	40 push-ups
Day 11	24 or 2 sets of 12 push-ups	Day 26	42 push-ups
Day 12	rest day	Day 27	44 push-ups
Day 13	24 push-ups	Day 28	rest day
Day 14	24 push-ups	Day 29	46 push-ups
Day 15	27 push-ups	Day 30	50 or 5 sets of 10 push-ups

# Push-Up Challenge 2024



**38,130 PUSH-UPS IN 30 DAYS**  
**TO PUSH-UP SURVIVORS OF SEXUAL ASSAULT**

## Advanced Challenge 1271 push-ups in April

1271 is the number of sexual assaults' each day in the US  
break your daily amount into sets or do them all at once

Day 1	25 push-ups	Day 16	rest day
Day 2	25 push-ups	Day 17	60 push-ups
Day 3	25 push-ups	Day 18	60 push-ups
Day 4	rest day	Day 19	70 push-ups
Day 5	30 or 2 sets of 15 push-ups	Day 20	rest day
Day 6	30 push-ups	Day 21	75 push-ups
Day 7	30 push-ups	Day 22	75 push-ups
Day 8	rest day	Day 23	75 push-ups
Day 9	40 or 2 sets of 20 push-ups	Day 24	rest day
Day 10	40 push-ups	Day 25	80 push-ups
Day 11	40 push-ups	Day 26	80 push-ups
Day 12	rest day	Day 27	80 push-ups
Day 13	50 or 2 sets of 25 push-ups	Day 28	rest day
Day 14	50 push-ups	Day 29	91 push-ups
Day 15	60 or 3 sets of 20 push-ups	Day 30	100 or 5 sets of 20 push-ups

# Push-Up Challenge 2024



**COMMUNITY IS POWERFUL**

**38,130 PUSH-UPS IN 30 DAYS**  
TO PUSH-UP SURVIVORS OF SEXUAL ASSAULT

Track your own challenge

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