

Push-Up Challenge 2022



35,490 PUSH-UPS IN 30 DAYS
TO PUSH-UP SURVIVORS OF SEXUAL ASSAULT

Advanced Challenge 1183 push-ups in April

1183 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	6 push-ups	Day 16	rest day
Day 2	7 push-ups	Day 17	28 push-ups
Day 3	8 push-ups	Day 18	29 push-ups
Day 4	rest day	Day 19	30 or 3 sets of 10 push-ups
Day 5	10 or 2 sets of 5 push-ups	Day 20	rest day
Day 6	12 push-ups	Day 21	32 push-ups
Day 7	14 or 2 sets of 7 push-ups	Day 22	35 push-ups
Day 8	rest day	Day 23	36 push-ups
Day 9	16 push-ups	Day 24	rest day
Day 10	18 push-ups	Day 25	40 or 4 sets of 10 push-ups
Day 11	20 or 2 sets of 10 push-ups	Day 26	40 push-ups
Day 12	rest day	Day 27	43 push-ups
Day 13	22 or 2 sets of 11 push-ups	Day 28	rest day
Day 14	24 push-ups	Day 29	46 push-ups
Day 15	25 push-ups	Day 30	50 or 5 sets of 10 push-ups