

# Push-Up Challenge 2022



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

## Beginner Challenge 394 push-ups in April

591 is 1/2 of 1183 (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	6 push-ups	Day 17	18 or 2 sets of 9 push-ups
Day 3	7 push-ups	Day 18	19 push-ups
Day 4	rest day	Day 19	20 or 2 sets of 10 push-ups
Day 5	10 or 2 sets of 5 push-ups	Day 20	rest day
Day 6	11 push-ups	Day 21	20 or 2 sets of 10 push-ups
Day 7	12 or 2 sets of 5 push-ups	Day 22	21 push-ups
Day 8	rest day	Day 23	22 or 2 sets of 11 push-ups
Day 9	12 push-ups	Day 24	rest day
Day 10	13 push-ups	Day 25	24 or 2 sets of 12 push-ups
Day 11	14 or 2 sets of 7 push-ups	Day 26	25 or 3 sets of 5 push-ups
Day 12	rest day	Day 27	27 push-ups
Day 13	15 push-ups	Day 28	rest day
Day 14	16 or 2 sets of 8 push-ups	Day 29	29 push-ups
Day 15	17 push-ups	Day 30	30 or 3 sets of 10 push-ups