

BALRUN

28-Day Push-Up Challenge

Push-Up Challenge Instructions:

- 1 Each day, complete the **push-up** exercise assigned for that day.
- 2 Your goal is to complete **100 total reps** of that exercise.
- 3 You can break the reps into as **many rounds** as needed.
- 4 **Recommended:** Complete **5 rounds** until you reach 100 reps.
- 5 Follow the program day by day in order.
- 6 After finishing Day 7, move on to the next week and continue the challenge.

Total Program: 28 days · 4 weeks · 7 days per week

WEEK 1 (Days 1–7)

Build the habit,

DAY 1 STANDARD PUSH-UPS

DAY 2 WIDE PUSH-UPS

DAY 3 DIAMOND PUSH-UPS

DAY 4 INCLINE PUSH-UPS

DAY 5 PUSH-UP ROTATION

DAY 6 ARCHER PUSH-UPS

DAY 7 TEMPO PUSH-UPS

Coaching:

10–20 reps each round

Complete 5 rounds

Goal: Work toward 100 push-ups

MOVE TO WEEK 2

WEEK 2 (Days 8–14)

Build endurance,

DAY 8 ARCHER PUSH-UPS

DAY 9 PIKE PUSH-UPS

DAY 10 CLOSE GRIP PUSH-UPS

DAY 11 CLOSE GRIP PUSH-UPS

DAY 12 PUSH-UP ROTATION

DAY 13 HAND RELEASE PUSH-UPS

DAY 14 EXPLOSIVE PUSH-UPS

Coaching:

10–20 reps each round

Complete 5 rounds

Goal: Work toward 100 push-ups

MOVE TO WEEK 3

WEEK 3 (Days 15–21)

Increase stamina,

DAY 15 MIKE TYSON PUSH-UPS

DAY 16 INCLINE CLOSE GRIP PUSH-UPS

DAY 17 SIDE TO SIDE PUSH-UPS

DAY 18 SHOULDER TAP PUSH-UPS

DAY 19 DIAMOND PUSH-UPS

DAY 20 ARCHER PUSH-UPS

DAY 21 STANDARD PUSH-UPS

MOVE TO WEEK 4

WEEK 4 (Days 22–28)

Finish strong,

DAY 22 DECLINE PUSH-UPS

DAY 23 CLOSE GRIP PUSH-UPS

DAY 24 TEMPO PUSH-UPS

DAY 25 ARCHER PUSH-UPS

DAY 26 PIKE PUSH-UPS

DAY 27 SPHINX PUSH-UPS

DAY 28 STANDARD PUSH-UPS

CHALLENGE COMPLETE!