**12 Day Push-Up / PLank Challenge**

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| **Monday****5 Push-Ups****5 Second****Plank** | **Tuesday****7 Push-Ups****10 Second****Plank** | **Wednesday****10 Push-Ups****15 Second** **Plank** | **Thursday****12 Push-ups****20 second****Plank** | **Friday****15 Push-ups****20 Second Plank** | **Sat****R****E****S****T** | **Sunday****20 Push-Ups****25 Second PLank** |
| **Monday****22 Push Ups****30 Second Plank** | **Tuesday****25 Push Ups****30 Second Plank** | **Wednesday****30 Push Ups** **35 Second Plank** | **Thursday****32 Push-Ups****38 Second** **Plank** | **Friday****35 Push-Ups****40 Second Plank** | **Sat****R****E****S****T** | **Sunday****LAST DAY****40 Push-Ups****45 Second Plank** |

**Modifications:**

**Push-ups: On your knees or wall push ups**

**Plank: Plank on elbows and can lower knees to the ground if you need support**