**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**