

April Fitness Challenge 2026



30 Day Push-Up Challenge



Day 1 10 sec. plank 5 push-ups	Day 2 10 sec. plank 6 push-ups	Day 3 10 sec. plank 7 push-ups	Day 4 10 sec. plank 8 push-ups	Day 5 10 sec. plank 8 push-ups
Day 6 15 sec. plank 9 push-ups	Day 7 15 sec. plank 10 push-ups	Day 8 15 sec. plank 10 push-ups	Day 9 15 sec. plank 10 push-ups	Day 10 15 sec. plank 10 push-ups
Day 11 20 sec. plank 11 push-ups	Day 12 20 sec. plank 12 push-ups	Day 13 20 sec. plank 13 push-ups	Day 14 20 sec. plank 14 push-ups	Day 15 20 sec. plank 15 push-ups
Day 16 25 sec. plank 15 push-ups	Day 17 25 sec. plank 16 push-ups	Day 18 25 sec. plank 17 push-ups	Day 19 25 sec. plank 18 push-ups	Day 20 25 sec. plank 19 push-ups
Day 21 30 sec. plank 20 push-ups	Day 22 30 sec. plank 20 push-ups	Day 23 30 sec. plank 20 push-ups	Day 24 30 sec. plank 20 push-ups	Day 25 35 sec. plank 20 push-ups
Day 26 40 sec. plank 22 push-ups	Day 27 45 sec. plank 24 push-ups	Day 28 50 sec. plank 26 push-ups	Day 29 55 sec. plank 28 push-ups	Day 30 60 sec. plank 30 push-ups