

Freedom in Him
July Push-Up Challenge 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 Wide Arm Push Ups	2 10 Triangle Push Ups	3 10 10 Regular Push Ups	4 10 10 Incline Push Ups	5 10 Decline Push Ups	6 10 Star Push Ups	7 10 Single Leg Push Ups
8 10 Wide Arm Push Ups	9 15 Triangle Push Ups	10 15 Regular Push Ups	11 15 Incline Push Ups	12 15 Decline Push Ups	13 15 Star Push Ups	14 15 Single Leg Push Ups
15 15 Wide Arm Push Ups	16 20 Triangle Push Ups	17 20 Regular Push Ups	18 20 Incline Push Ups	19 20 Decline Push Ups	20 20 Star Push Ups	21 20 Single Leg Push Ups
22 20 Wide Arm Push Ups	23 25 Triangle Push Ups	24 25 Regular Push Ups	25 25 Incline Push Ups	26 25 Decline Push Ups	27 25 Star Push Ups	28 25 Single Leg Push Ups
29 25 Wide Arm Push Ups	30 30 Triangle Push Ups	31 30 Regular Push Ups				

"You, Lord, give true peace and freedom to those who depend on you-when they trust in you." Isaiah 26:3