

21 DAY

PUSHUP & PULLUP PLAN

SUN	MON	TUE	WED	THU	FRI	SAT
1 10 PULLUPS 10 PUSHUPS	2 11 PULLUPS 11 PUSHUPS	3 12 PULLUPS 12 PUSHUPS	4 13 PULLUPS 13 PUSHUPS	5 14 PULLUPS 14 PUSHUPS	6 15 PULLUPS 15 PUSHUPS	7 16 PULLUPS 16 PUSHUPS
8 17 PULLUPS 17 PUSHUPS	9 18 PULLUPS 18 PUSHUPS	10 19 PULLUPS 19 PUSHUPS	11 20 PULLUPS 20 PUSHUPS	12 21 PULLUPS 21 PUSHUPS	13 22 PULLUPS 22 PUSHUPS	14 23 PULLUPS 23 PUSHUPS
15 24 PULLUPS 24 PUSHUPS	16 25 PULLUPS 25 PUSHUPS	17 26 PULLUPS 26 PUSHUPS	18 27 PULLUPS 27 PUSHUPS	19 28 PULLUPS 28 PUSHUPS	20 29 PULLUPS 29 PUSHUPS	21 30 PULLUPS 30 PUSHUPS

REMEMBER, YOU DON'T HAVE TO DO ALL YOUR REPS IN A SINGLE SET. YOU CAN BREAK IT UP IN MULTIPLE SETS SO YOU MAINTAIN PERFECT FORM (I.E. PERFORM 10 REPS IN 2 SETS OF 5).

