

Weekday	Day	Description	Reps	Sets	Rest Btw Sets	Total Reps
Saturday	1	Push Ups	5	3	60 sec	15
Sunday	2	Push Ups	4	4	45 sec	16
Monday	3	Push Ups	6	3	45 sec	18
Tuesday	4	Push Ups	4	5	30 sec	20
Wednesday	5	Push Ups	7	3	60 sec	21
Thursday	6	Rest				
Friday	7	Push Ups	4	6	60 sec	24
Saturday	8	Push Ups	8	3	45 sec	28
Sunday	9	Push Ups	4	7	45 sec	27
Monday	10	Push Ups	9	3	30 sec	32
Tuesday	11	Push Ups	4	8	60 sec	32
Wednesday	12	Rest				
Thursday	13	Push Ups	5	4	60 sec	20
Friday	14	Push Ups	5	5	45 sec	25
Saturday	15	Push Ups	6	5	45 sec	30
Sunday	16	Push Ups	6	5	30 sec	30
Monday	17	Push Ups	7	5	60 sec	35
Tuesday	18	Rest				
Wednesday	19	Push Ups	8	4	60 sec	32
Thursday	20	Push Ups	6	6	45 sec	36
Friday	21	Push Ups	9	4	45 sec	36
Saturday	22	Push Ups	9	4	30 sec	36
Sunday	23	Push Ups	8	4	60 sec	32
Monday	24	Rest				
Tuesday	25	Push Ups	8	4	60 sec	32
Wednesday	26	Push Ups	10	3	45 sec	30
Thursday	27	Push Ups	8	4	45 sec	32
Friday	28	Push Ups	10	3	30 sec	30
Saturday	29	Rest				
Sunday	30	Push Ups	10	4	30 sec	40

Here are the steps to do a basic push-up:

Start in a high plank on your hands and toes. Make sure your hands are under your shoulders and your body is in a straight line from head to hips to heels.

Contract your abs so your hips don't sag and your back doesn't arch.

Bend your elbows as you lower your chest to the ground, keeping your hips level. Your elbows should be at about 45-degree angles from your body. Once you lower as far as you can, push yourself back up to a high plank.

Modifications if the hips sag or pain occurs in the back:

Drop to your knees and keep your toes in contact with the floor. You can also use an incline, a step or a bench, or even a kitchen counter. If you are unable to do any of these, then you can start with push ups against a wall.

Form check:

If you don't know if your form is good or not, but you have pain in your back, chances are that your form isn't quite right. Video yourself, or watch yourself in the mirror. I also do one off PT sessions, if you would like a form check or coaching on this.