

Changing the world
with **women and girls**
act:onaid

Day 1

Negative press up 5 x 5



Day 2

Triceps dip 4 x 8



Day 3

Rest day



Day 4

Elevated press up 5 x 7



Day 5

High plank 3 x 45s



Day 6

Rest day



Day 7

Negative press up
3 x many as you can



Day 8

Rest day



Day 9

Elevated press up 3 x 6
+ negative press up x 6



Day 10

Triceps dip 3 x 9



Day 11

Rest day



Day 12

Elevated press up 3 x 6
+ negative press up x 6



Day 13

Triceps dip 3 x 9



Day 14

Rest day



Day 15

Press up on your knees
4 x 7



Day 16

Shoulder blade press up



35 Days



Strong

Participate in 4 steps!

- 1 Go to actonaid.org/35daystrong
- 2 Sign up
- 3 Follow our day by day training plan to help you reach your goal of 35 press ups in 35 days
- 4 Ask your friends and family to sponsor you.

Day 17

Rest day



Day 18

Elevated press up 4 x 9



Day 19

Shoulder blade press up 3 x 12



Day 20

Rest day



Day 21

Press up on your knees 3 x as many as you can



Day 22

Rest day



Day 23

Press up 4 x 15*



Day 24

Triceps dip 3 x 12



Day 25

Rest day



Day 26

Press up 3 x 20*



Day 27

Triceps dip 3 x 12



Day 28

Rest day



Day 29

Press up 7 x 4



Day 30

High plank 2 x 60s



Day 31

Rest day



Day 32

Press up 3 x as many as you can*



Day 33

Rest day



Day 34

Rest day



Day 35

35 press ups in a row



*optional using a resistance band

Share your progress!

Tag us @ActionAidUK on Instagram, and use the #35DaysStrong hashtag.