

Shawna Kaminski, CPT

# The Push UP Challenge

A photograph of a muscular Black man in a starting crouch for a push-up. He is shirtless, wearing black shorts with white and red trim. He is looking directly at the camera with a determined expression. The background is a light blue, textured wall.

*How to do your first or one hundred push ups in a row*

**ChallengeWorkouts.com**

# Push Up Program 1



## GETTING YOUR FIRST PROPER PUSH UP

By  
**Shawna Kaminski C.P.T.**

## **Push Up Program 1 Getting Your First Proper Push Up**

### **WELCOME!**

The push up is the unsung hero of strength training. So many people choose not to do push ups, not because they aren't effective, but because they're hard work!

It's clear that you're serious about improving your physique and your strength. The beauty of this program is that you'll not only be able to do beautiful full body push ups from your toes, but you're gonna look awesome as well.

That's because the push up is chalk full of 'awesome-ness'. Let me explain:

1. The push up is the most versatile of all upper body weight movements. You only need enough space to lie down and you have your training ground.
2. Push ups are a compound exercise. They not only hit the chest, but they'll target the triceps, shoulders, core and even the quads. Talk about a full body exercise.
3. Doing a compound exercise is a bonus because this means burning more calories and fat.
4. Push ups are an impressive exercise to do when you do them correctly. How many people can drop down and do perfect push ups?
5. You can constantly challenge yourself with the push up. Whether you're a beginner or a super freak, push ups can always be worked into your program to help you get great results. There's also a never ending list of variations on the push up to keep things fresh.

With the info in my program and some hard work and dedicated training, you're clearly going to up your training game.

This is a program for beginners, that is, those that struggle with their first full body push up from the toes. If you can already do one or more fully body push ups from the toes, then you should head straight to program 2.

Here's more about this program:

This program will consist of strength and endurance training workouts for 4 weeks with an emphasis on upper body and core strength. There is some HIIT (high intensity interval training) thrown in to increase muscular strength and endurance and to provide a more rounded fitness program.

Workouts should be done on alternate days (train a day, rest a day), although the rest day may be an 'active rest' day. An active rest day is a day where you engage in lower intensity exercise, like easy bike riding, walking, hiking, easy yoga, etc. It may include lower intensity cardiovascular training or any other type of training as long as it doesn't include strength training.

In the program each workout should last between 25 - 40 minutes.

The goal of each workout when using dumb bells or bar bells is to lift as heavy a weight possible for each set *with proper form*. When doing your body weight, be careful to maintain proper form. If you can't keep proper form for the entire set, make sure to do the modification provided. If you're already modifying the exercise, take a small rest and then continue the set once you've taken a 15-20 second rest before completing the set.

**NEVER sacrifice form for reps.** That is, always use the best form possible to avoid injury and to train the specific muscles intended.

Each workout is outlined with a rep scheme but with no specific weight. You will choose your weight based on these guidelines:

- if you can't get 8 reps, the weight is too heavy
- if you can get 12 or more reps the weight is too light
- your weight for each set may change based on this principle
- as a general rule of thumb, 10 reps or a set time is listed

Unless otherwise specified, take 30 seconds rest between each sets.

Each workout should start with a full body warm up that may include 3-5 min of stationary bike, treadmill work, general dynamic stretches such as arm circles, body weight squats etc. As well, do some static stretches at the end of the workout to cool the body down.

Each workout should end with general cooling down and stretching for 5-10 minutes.

Please refer to the exercise library and video library for details on proper form for each exercise.

Let's get started!

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

### Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

### **You may be wondering...**

Push-ups work primarily the muscles of the upper body, specifically the pectorals, front and side deltoids and triceps. The stabilizers in this movement are the rhomboids, rotator cuff, rear deltoid and the abs. By targeting the stabilizer muscles, you will have more success with the actual push up. Many people don't strengthen the muscles that help to stabilize the body and this is a big mistake. Here are a few essential exercises that will help your push up by strengthening the stabilizers:

The rhomboids, rotator cuff and rear deltoids: Stick up, DB row

The triceps: Get up, DB overhead press

The core: Plank and variations

So don't avoid these exercises. You'll see that they're a big part of the program. You'll be surprised at how your push up improves by putting your full attention and energy into each and every exercise.

## **Standard Warm Up**

You'll want to warm up for 3-5 minutes before each workout. Your warm up should involve all your muscle groups and limbs. Below is an example of movements that you can do as a warm up:

- 30 arm circles (15 forward/15 backward)
- 30 stationary marches
- 30 step jacks or jumping jacks
- 30 squats
- 30 mountain climbers

(Refer to video in video library)

## Workout 1

### 1-Warm up (3-5 min)

2-**TEST** - Today you will ATTEMPT one **push up** to see how close you are to completing it. Can you lower your body to the floor? Can you lift it off the floor at all?

*Lie prone on the ground with hands placed as wide or slightly wider than shoulder width. Keeping the body straight, lower body to the ground by bending arms at the elbows. Raise body up off the ground by extending the arms.*

*The arms should lift your body weight. Don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles.*

This is your benchmark test. Make a note of this for comparison later in the program.

### 3a - **wall push up** (no rest)

- 30 seconds
- no rest

### 3b - **stick up**

- 30 seconds
- no rest

### 3c - **jump rope**

- 30 seconds
- 30 seconds rest
- repeat for a total of 3 sets

### 4a - **DB row left**

- 30 seconds
- no rest

### 4b - **DB row right**

- 30 seconds
- no rest

### 4c - **front plank**

- 30 seconds
- 30 seconds rest
- repeat for a total of 3 sets

### 5a - **DB chest press**

- 30 seconds
- no rest

### 5b - **mountain climber**

- 30 seconds
- no rest

5c - **front plank**

- 30 seconds
- 30 seconds rest
- repeat for a total of 3 sets

6 - Static stretch cool down

## Workout 2

1-**Warm up** (3-5 min)

2a – **push up** (or any variation) (no rest)

- 5-10 reps

2b – **mountain climber** (no rest)

- 15 per leg

2c – **front plank**

- 30 seconds
- rest 30 seconds
- repeat for a total of 3 sets

3a – **DB chest press** (no rest)

- 10 reps

3b – **wall push up**

- 10 reps
- rest 30 seconds
- repeat for a total of 3 sets

4a – **DB shoulder press** (no rest)

- 10 reps

4b – **DB tricep overhead press**

- 10 reps
- rest 30 seconds
- repeat for a total of 3 sets

5 - Static stretch cool down



## Workout 3

1 - **Warm up** (3-5 min)

2 – Do 30 seconds of the following:

- 2a – **DB chest press** (no rest)
- 2b – **DB row left** (no rest)
- 2c – **DB row right** (no rest)
- 2d – **spider crawl** (no rest)
- 2e – **jump rope**
  - rest 30 seconds
  - repeat entire sequence 3 times

3 – **push up variation** (box, knee push up, classic)

- to failure (that is as many as you can until you can't do anymore)
- 30 seconds rest
- repeat three times

4 - Static stretch cool down

## Workout 4

1 - **Warm up** (3-5 min)

2 – **front plank**

- 30 seconds
- 15 seconds rest
- repeat

3 – **jump rope**

- 1 minute
- rest 15 seconds

4 – **mountain climber**

- 30 seconds
- 15 seconds rest
- repeat

5 - **spider crawl**

- 30 seconds
- 15 seconds rest
- repeat

6 - **jump rope**

- 1 minute
- rest 15 seconds

7 - **DB chest press**

- 30 seconds
- 15 seconds rest
- repeat

8 – **DB row left**

- 30 seconds
- 15 seconds rest
- repeat

9 – **DB row right**

- 30 seconds
- 15 seconds rest
- repeat

10 - **jump rope**

- 1 minute
- rest 15 seconds

**Repeat sets 2 – 10** (entire workout minus the warm up)

11 - Static stretch cool down

## Workout 5

1 - **Warm up** (3-5 min)

2 – **incline push up**

- 30 seconds work
- 15 seconds rest
- repeat

3 – **incline DB chest press**

- 30 seconds work
- 15 seconds rest
- repeat

4 – **dips**

- 30 seconds work
- 15 seconds rest
- repeat

5 - **jump rope**

- 2 minute
- rest 30 seconds

6 – stick ups

- 30 seconds (no rest)

7a – **DB row left**

- 30 seconds (no rest)

7b – **DB row right**

- 30 seconds (no rest)
- repeat

8 – **DB shoulder press**

- 30 seconds work
- 15 seconds rest
- repeat

9 - **jump rope**

- 2 minute
- rest 30 seconds

10a – **side plank left**

- 30 seconds (no rest)

10b – **side plank right**

- 30 seconds (no rest)

10c – **front plank**

- 30 seconds
- rest 30 seconds
- repeat

11 - Static stretch cool down

## Workout 6

1 - **Warm up** (3-5 min)

2a – **DB deadlift**

- 30 seconds (no rest)

2b – **DB shoulder press**

- 30 seconds (no rest)

2c – **push up variation**

- 30 seconds (no rest)

2d – **mountain climber**

- 30 seconds
- rest 30 seconds
- repeat

3a – **jumping or step jacks**

- 30 seconds (no rest)

3b – **DB row left**

- 30 seconds (no rest)

3c – **DB row right**

- 30 seconds (no rest)

3d – **stick ups**

- 30 seconds
- rest 30 seconds
- repeat

4a – **spider crawl**

- 30 seconds (no rest)

4b – **high front plank**

- 30 seconds (no rest)

4c – **front plank**

- 30 seconds (no rest)

4d – **side plank left**

- 30 seconds (no rest)

4e – **side plank right**

- 30 seconds

5 - Static stretch cool down

## Workout 7

1 - **Warm up** (3-5 min)

2-**TEST** - Today you will ATTEMPT one **push up** to see how close you are to completing it. Can you lower your body to the floor? Can you lift it off the floor at all?

Here's a reminder of how to do a push up:

*Lie prone on the ground with hands placed as wide or slightly wider than shoulder width. Keeping the body straight, lower body to the ground by bending arms at the elbows. Raise body up off the ground by extending the arms.*

*The arms should lift your body weight. Don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles.*

This is your second benchmark test. Make a note of this for comparison later in the program.

(By now you should be closer to completing this from your toes, but if you don't feel confident, try from your knees.)

3a – **jumping** or **step jacks**

- 30 seconds (no rest)

3b – **incline push up**

- 30 seconds (no rest)

3c – **front plank**

- 30 seconds (no rest)

3d – **stick up**

- 30 seconds (no rest)
- repeat entire sequence three times

4a – **mountain climber**

- 30 seconds (no rest)

4b – **DB deadlift**

- 30 seconds (no rest)

4c – **DB row left**

- 30 seconds (no rest)

4d – **DB row right**

- 30 seconds (no rest)

4e – **front plank**

- 30 seconds
- rest 30 seconds

- repeat entire sequence three times

**5a – plyo wall push up**

- 30 seconds (no rest)

**5b – spider crawl**

- 30 seconds (no rest)

**5c – side plank left**

- 30 seconds (no rest)

**5d – side plank right**

- 30 seconds
- rest 30 seconds
- repeat entire sequence three times

6- Static stretch cool down

## Workout 8

1 - **Warm up** (3-5 min)

**2 – incline DB chest press**

- 10 reps
- 30 seconds rest
- repeat

**3 – push up variation (box, knee, classic)**

- up to 10 reps
- 30 seconds rest
- repeat

**4 – DB lateral raise**

- 10 reps
- 30 seconds rest
- repeat

**5 – DB shoulder press**

- 10 reps
- 30 seconds rest
- repeat

**6 – get up variation (on knees or toes)**

- up to 10 reps total (5/side)
- 30 seconds rest
- repeat

**7a – stick ups**

- 30 seconds (no rest)

**7b – DB row left**

- 10 reps

**7c – DB row right**

- 10 reps
- 30 seconds rest
- repeat

**8 – DB over head press**

- 10 reps
- 30 seconds rest
- repeat

**9 – Front plank**

- 30 seconds
- 30 seconds rest
- repeat

10- Static stretch cool down

## Workout 9

1 - **Warm up** (3-5 min)

**2a – stick ups**

- 30 seconds (no rest)

**2b – hyperextensions**

- 30 seconds (no rest)

**2c – front plank**

- 30 seconds
- 30 seconds rest
- repeat

**3 – DB bent over row**

- 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**4 – DB shoulder press**

- 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**5 – push up variation (box, knee, classic)**

- up to 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**6 – Dips**

- up to 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**7 - DB tricep overhead press**

- 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**8 – Front plank**

- 30 seconds
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**9 - Static stretch cool down**



## Workout 10

1 - **Warm up** (3-5 min)

2 – Do 30 seconds of the following:

- 2a – **DB chest press** (no rest)
- 2b – **DB row left** (no rest)
- 2c – **DB row right** (no rest)
- 2d – **spider crawl** (no rest)
- 2e – **jump rope**
  - rest 30 seconds
  - repeat entire sequence 3 times

3 – **push up variation** (box, knee push up, classic)

- to failure (that is as many as you can until you can't do anymore)
- 30 seconds rest
- repeat three times

4 - Static stretch cool down

## Workout 11

1 - **Warm up** (3-5 min)

2a – **DB deadlift**

- 10 reps (no rest)

2b – **DB shoulder press**

- 10 reps (no rest)

2c – **push up variation**

- up to 10 reps (no rest)

2d – **mountain climber**

- 10/leg
- rest 30 seconds
- repeat

3a – **jumping** or **step jacks**

- 30 seconds (no rest)

3b – **DB row** left

- 10 reps (no rest)

3c – **DB row** right

- 10 reps (no rest)

3d – **stick ups**

- 10 reps
- rest 30 seconds
- repeat

4a – **spider crawl**

- 10/leg (no rest)

4b – **high front plank**

- 30 seconds (no rest)

4c – **front plank**

- 30 seconds (no rest)

4d – **side plank** left

- 30 seconds (no rest)

4e – **side plank** right

- 30 seconds

5 - Static stretch cool down

## Workout 12

1 - **Warm up** (3-5 min)

2a – **stick ups**

- 30 seconds (no rest)

2b – **hyperextensions**

- 30 seconds (no rest)

2c – **front plank**

- 30 seconds
- 30 seconds rest
- repeat

3 – **DB bent over row**

- 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**4 – DB shoulder press**

- 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**5 – push up variation (box, knee, classic)**

- up to 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**6 – Dips**

- up to 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**7 - DB tricep overhead press**

- 10 reps
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**8 – Front plank**

- 30 seconds
- **jump rope 30 seconds**
- 30 seconds rest
- repeat

**9 - Static stretch cool down**

## Workout 13

### Congratulations!

You've made it through all 12 workouts. This is just a test day. Ensure that you take a day off from your previous workout before attempting your push up test.

1 - **Warm up** (3-5 min)

2-**TEST** - Today you will attempt one **push up** to see how close you are to completing it. You'll surprise yourself by feeling stronger than ever, so make sure you attempt *more than one* push up!

Here's a reminder of how to do a push up:

*Lie prone on the ground with hands placed as wide or slightly wider than shoulder width. Keeping the body straight, lower body to the ground by bending arms at the elbows. Raise body up off the ground by extending the arms.*

*The arms should lift your body weight. Don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles.*

This is your last benchmark test. Now you're ready for program #2 on how to increase the quality and quantity of your push up.

# Push Up Program 2



## Increasing the Quantity and Quality of Your Push Ups Intermediate/Advanced Level

By  
**Shawna Kaminski C.P.T.**

**Push Up Program 2  
Increasing the Quantity and Quality of Your Push Up  
Intermediate/Advanced Level**

**You're head's above the crowd...congratulations!**

This is an advanced program, so if you're looking at this, you need to be patted on the back for your motivation to improve your fitness level.

So let's take your already ultra fit status and up your game.

You're going to improve your push up max, but in the process, you'll improve all your strength moves and endurance.

This sort of program is NOT for everyone.

Obviously you have an abundance of internal motivation and fortitude to be able to follow this sort of program. It's not an easy one. You clearly show self-discipline and inner strength that few others demonstrate.

Training at this point in the game is mostly mental. I know that you're the kind of person that puts a priority on your workout. You just 'do it' as the saying goes, and good for you. Most people don't understand that improving your fitness level is more about 'showing up' every day to your workout. Consistent effort over time with intense internal motivation to improve will get you everywhere.

Mental toughness.

I'm sure that this mental toughness spills over into other aspects of your life. This is the added benefit to the discipline of training.

All the best with this program.

Stay in touch and keep me posted on your progress!

Here's more about this program:

This program will consist of strength and endurance training workouts for 4 weeks with an emphasis on upper body and core strength. There is some HIIT (high intensity interval training) thrown in to increase muscular strength and endurance and to provide a more rounded fitness program.

Workouts should be done on alternate days (train a day, rest a day), although the rest day may be an 'active rest' day. An active rest day is a day where you engage in lower intensity exercise, like easy bike riding, walking, hiking, easy

yoga, etc. It may include lower intensity cardiovascular training or any other type of training as long as it doesn't include strength training.

In the program each workout should last between 25 - 40 minutes.

The goal of each workout when using dumb bells or bar bells is to lift as heavy a weight possible for each set *with proper form*. When doing your body weight, be careful to maintain proper form. If you can't keep proper form for the entire set, make sure to do the modification provided. If you're already modifying the exercise, take a small rest and then continue the set once you've taken a 15-20 second rest before completing the set.

**NEVER sacrifice form for reps.** That is, always use the best form possible to avoid injury and to train the specific muscles intended.

Each workout is outlined with a rep scheme but with no specific weight. You will choose your weight based on these guidelines:

- if you can't get 8 reps, the weight is too heavy
- if you can get 12 or more reps the weight is too light
- your weight for each set may change based on this principle
- as a general rule of thumb, 10 reps or a set time is listed

Unless otherwise specified, take 30 seconds rest between each set.

Each workout should start with a full body warm up that may include 3-5 min of stationary bike, treadmill work, general dynamic stretches such as arm circles, body weight squats etc. I've included a sample dynamic warm up you can choose to do. As well, do some static stretches at the end of the workout to cool the body down.

Each workout should end with general cooling down and stretching for 5-10 minutes.

Please refer to the exercise library and video library for details on proper form for each exercise.

Let's get started!

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

### Safety First

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12. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
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14. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
15. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
16. Use proper exercise form and train conservatively in all workouts.
17. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
18. Do NOT do interval training more than 4 times per week.
19. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
20. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.



## Standard Warm Up

You'll want to warm up for 3-5 minutes before each workout. Your warm up should involve all your muscle groups and limbs. Below is an example of movements that you can do as a warm up:

- 30 arm circles (15 forward/15 backward)
- 30 jumping jacks
- 30 squats
- 30 mountain climbers
- 10 burpees

(Refer to video in video library)

## Workout 1

1-**Warm up** (3-5 min)

2-**TEST** - Today you will test how many 'classic' push ups you can do.

Form is everything.

*Lie prone on the ground with hands placed as wide or slightly wider than shoulder width.*

*Keeping the body straight, lower body to the ground by bending arms at the elbows.*

*Raise body up off the ground by extending the arms.*

*The arms should lift your body weight. Don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles.*

This is your benchmark test. Make a note of this for comparison later in the program.

3a - **rotational push up** (no rest)

- 1 minute
- no rest

3b - **barbell deadlift**

- 1 minute
- no rest

3c - **jump rope**

- 1 minute
- 30 seconds rest
- repeat for a total of 3 sets

4a - **DB row left**

- 1 minute

- no rest

4b - **DB row right**

- 1 minute
- no rest

4c - **spider crawl**

- 1 minute
- 30 seconds rest
- repeat for a total of 3 sets

5a - **DB chest press**

- 1 minute
- no rest

5b - **mountain climber**

- 30 seconds
- no rest

5c - **front plank**

- 1 minute
- 30 seconds rest
- repeat for a total of 3 sets

6 - Static stretch cool down

## Workout 2

1-Warm up (3-5 min)

2a –**decline push up** (no rest)

- 10 reps

2b – **mountain climber** (no rest)

- 15 per leg

2c – **front plank**

- 1 minute
- rest 30 seconds
- repeat for a total of 3 sets

3a – **DB chest press** (no rest)

- 10 reps

3b – **incline push up**

- 10 reps
- rest 30 seconds
- repeat for a total of 3 sets

4a – **barbell bent over row** (no rest)

- 10 reps

4b – **barbell push up**

- 10 reps
- rest 30 seconds
- repeat for a total of 3 sets

5a – **DB shoulder press** (no rest)

- 10 reps

5b – **DB lateral raise** (no rest)

- 10 reps

5c – **DB tricep overhead press**

- 10 reps
- rest 30 seconds
- repeat for a total of 3 sets

6 - Static stretch cool down

## Workout 3

1 - **Warm up** (3-5 min)

2 – Do 1 minute of the following:

- 2a – **DB chest press** (no rest)
- 2b – **jump rope** (no rest)
- 2c – **DB row left** (no rest)
- 2d – **DB row right** (no rest)
- 2e - **jump rope** (no rest)
- 2f – **spider crawl** (no rest)
- 2g – **jump rope**
  - rest 1 minute
  - repeat entire sequence 3 times

3 – **classic push up**

- to failure (that is as many as you can until you can't do anymore)
- 1 minute rest
- repeat three times

4 - Static stretch cool down

## Workout 4

1 - **Warm up** (3-5 min)

2 – **front plank**

- 1 minute
- 15 seconds rest
- repeat

3 – **jump rope**

- 1 minute
- rest 15 seconds

4 – **mountain climber**

- 30 seconds
- 15 seconds rest
- repeat

5 - **spider crawl**

- 1 minute
- 15 seconds rest
- repeat

6 - **jump rope**

- 1 minute
- rest 15 seconds

7 - **DB chest press**

- 1 minute
- 15 seconds rest
- repeat

8 – **DB row left**

- 1 minute
- 15 seconds rest

9 – **DB row right**

- 1 minute
- 15 seconds rest

10 – **barbell deadlift**

- 1 minute
- 15 seconds rest

- repeat

11 - **jump rope**

- 1 minute
- rest 15 seconds

**Repeat sets 2 – 11** (entire workout minus the warm up)

12 - Static stretch cool down

## Workout 5

1 - **Warm up** (3-5 min)

2 – **Stability ball push up (hands on ball)**

- 45 seconds work
- 15 seconds rest
- repeat

3 – **Stability ball push up (feet on ball)**

- 45 seconds work
- 15 seconds rest
- repeat

4 – **incline DB chest press**

- 45 seconds work
- 15 seconds rest
- repeat

4 – **dips**

- 45 seconds work
- 15 seconds rest
- repeat

5 - **jump rope**

- 2 minute
- rest 30 seconds

6 – **stick ups**

- 30 seconds (no rest)

7a – **DB row left**

- 1 minute (no rest)

7b – **DB row right**

- 1 minute (no rest)
- repeat

8 – **DB shoulder press**

- 45 seconds work
- 15 seconds rest
- repeat

9 - **jump rope**

- 2 minute
- rest 30 seconds

10a – **side plank** left

- 1 minute (no rest)

10b – **side plank** right

- 1 minute (no rest)

10c – **front plank**

- 1 minute
- rest 30 seconds
- repeat

11 - Static stretch cool down



## Workout 6

1 - **Warm up** (3-5 min)

2a – **DB deadlift**

- 1 minute (no rest)

2b – **DB shoulder press**

- 1 minute (no rest)

2c – **walking side to side push up**

- 1 minute (no rest)

2d – **spider crawl push up**

- 1 minute
- rest 30 seconds
- repeat

3a – **jumping jacks**

- 1 minute (no rest)

3b – **DB row left**

- 1 minute (no rest)

3c – **DB row right**

- 1 minute (no rest)

3d – **stick ups**

- 30 seconds (this is your rest)
- repeat

4a – **jump rope**

- 2 minutes (no rest)

4b – **renegade push up**

- 1 minute (no rest)

4c – **high front plank**

- 1 minute (this is your rest)
- repeat

5 - Static stretch cool down

## Workout 7

1 - **Warm up** (3-5 min)

2-**TEST** - Today you will re-test how many 'classic' push ups you can do.

Form is everything.

*Lie prone on the ground with hands placed as wide or slightly wider than shoulder width. Keeping the body straight, lower body to the ground by bending arms at the elbows. Raise body up off the ground by extending the arms.*

*The arms should lift your body weight. Don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles.*

This is your second benchmark test. Make a note of this for comparison later in the program.

3a – **jumping jacks or jump rope**

- 1 minute (no rest)

3b – **walking plank push up**

- 1 minute (no rest)

3c – **front plank**

- 1 minute (no rest)

3d – **stick up**

- 30 seconds (no rest)
- repeat entire sequence three times

4a – **mountain climber**

- 30 seconds (no rest)

4b – **barbell deadlift**

- 1 minute (no rest)

4c – **barbell push up**

- 1 minute (no rest)

4d – **DB row left**

- 1 minute (no rest)

4e – **DB row right**

- 1 minute (no rest)

4f – **hanging leg raise**

- 30 seconds
- rest 30 seconds
- repeat entire sequence three times

5a – **plyo push up**

- 30 seconds (no rest)

5b – **spider crawl**

- 30 seconds (no rest)

5c – **side plank left**

- 30 seconds (no rest)

5d – **side plank right**

- 30 seconds
- rest 30 seconds
- repeat entire sequence three times

6- Static stretch cool down

## Workout 8

1 - **Warm up** (3-5 min)

2 – **incline DB chest press**

- 10 reps
- 30 seconds rest
- repeat

3 – **suspended push up (on hands or feet)** OR decline push up

- 10 reps
- 30 seconds rest
- repeat

4 – **DB lateral raise**

- 10 reps
- 30 seconds rest
- repeat

5 – **DB shoulder press**

- 10 reps
- 30 seconds rest
- repeat

6 – **get up**

- 10 reps total (5/side)
- 30 seconds rest
- repeat

7a – **stick ups**

- 30 seconds (no rest)

7b – **DB row left**

- 10 reps

7c – **DB row right**

- 10 reps
- 30 seconds rest
- repeat

8 – **DB over head press**

- 10 reps
- 30 seconds rest
- repeat

9a – **Front plank**

- 1 minute

9b – **Hanging leg raise**

- 30 seconds
- 30 seconds rest
- repeat

10- Static stretch cool down

## Workout 9

1 - **Warm up** (3-5 min)

2a – **stick ups**

- 30 seconds (no rest)

2b – **hyperextensions**

- 1 minute (no rest)

2c – **front plank**

- 1 minute
- no rest
- repeat

3a – **DB bent over row**

- 10 reps

3b - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

4 – **DB shoulder press**

- 10 reps

4b - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

5 – **one legged push up variation**

- 10 reps (or more) each side

5b - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

6 – **Dips**

- 10 reps (or more)

6b - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

7 - **DB tricep overhead press**

- 10 reps

**7b - jump rope**

- 1 minute
- 30 seconds rest
- repeat

**8 – Front plank**

- 1 minute

**8b - jump rope**

- 1 minute
- no rest
- repeat

**9 - Static stretch cool down**

## Workout 10

1 - **Warm up** (3-5 min)

2 – Do 30 seconds of the following:

- 2a – **Barbell deadlift** (no rest)
- 2b – **Barbell push up** (no rest)
- 2c – **DB row left** (no rest)
- 2d – **staggered push up** (no rest)
- 2e – **DB row right** (no rest)
- 2f - **staggered push up** (no rest)
- 2g – **spider crawl** (no rest)
- 2h – **jump rope**
  - rest 30 seconds
  - repeat entire sequence 3 times

3 – **classic push up**

- to failure (that is as many as you can until you can't do anymore)
- 1 minute rest
- repeat three times

4 - Static stretch cool down



## Workout 11

1 - **Warm up** (3-5 min)

2a – **DB deadlift**

- 10 reps (no rest)

2b – **DB shoulder press**

- 10 reps (no rest)

2c – **rotational push up**

- 10 reps (no rest)

2d – **mountain climber**

- 20/leg
- rest 30 seconds
- repeat

3a – **squat jump**

- 30 seconds (no rest)

3b – **DB row left**

- 10 reps (no rest)

3c – **DB row right**

- 10 reps (no rest)

3d – **stick ups**

- 10 reps
- no rest
- repeat

4a – **spider crawl push up**

- 10/leg (no rest)

4b – **get ups**

- 10/arm (no rest)

4c – **front plank**

- 1 minute (no rest)

4d – **side plank left**

- 1 minute (no rest)

4e – **side plank right**

- 1 minute

4f – **hanging leg raise**

- 30 seconds
- rest 30 seconds
- repeat

5 - Static stretch cool down

## Workout 12

1 - **Warm up** (3-5 min)

2a – **stick ups**

- 30 seconds (no rest)

2b – **pull ups or assisted pull ups**

- 30 seconds (no rest)

2b – **hyperextensions**

- 30 seconds (no rest)

2c – **mountain climbers**

- 30 seconds
- 30 seconds rest
- repeat

3 – **DB bent over row**

- 10 reps

3b – **decline push up**

- 10 reps

3c - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

4 – **DB shoulder press**

- 10 reps

4b – **incline push up**

- 10 reps

4c - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

5 – **pull ups or assisted pull ups**

- up to 10 reps

5b – **renegade push up**

- 10 reps/side

5c - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

6 – **Dips**

- 10 reps

6b – **get ups**

- 10/arm

6c - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

7 - **DB tricep overhead press**

- 10 reps

7b – **front plank**

- 1 minute

7c - **jump rope**

- 1 minute
- 30 seconds rest
- repeat

8 – **Hanging leg raise**

- 30 seconds
- 30 seconds rest
- repeat

9 - Static stretch cool down

## Workout 13

1 - **Warm up** (3-5 min)

2-**TEST** - Today you will re-test how many 'classic' push ups you can do.

Form is everything.

*Lie prone on the ground with hands placed as wide or slightly wider than shoulder width. Keeping the body straight, lower body to the ground by bending arms at the elbows. Raise body up off the ground by extending the arms.*

*The arms should lift your body weight. Don't be tempted to use your butt, stomach or the lower half of your body to pull yourself up. To maintain correct body alignment, imagine a straight line running from your head down to your ankles.*

This is your third benchmark test. Make a note of this for comparison later in the program.

3a – **barbell deadlift** (no rest)

- 1 minute
- no rest

3b - **walking side to side push up**

- 1 minute
- no rest

3c - **jump rope**

- 1 minute
- 30 seconds rest
- repeat for a total of 3 sets

4a – **pull ups or assisted pull ups**

- 1 minute
- no rest

4b - **stability ball push ups (hands or feet on ball)**

- 1 minute
- no rest

4c – **spider crawl**

- 1 minute
- 30 seconds rest
- repeat for a total of 3 sets

5a - **DB chest press**

- 1 minute
- no rest

**5b - mountain climber**

- 30 seconds
- no rest

**5c – hanging alternate leg raise**

- 1 minute
- 30 seconds rest
- repeat for a total of 3 sets

**6 - Static stretch cool down**

## Workout 14

1-**Warm up** (3-5 min)

2a –**plyo push up** (no rest)

- 10 reps

2b – **mountain climber** (no rest)

- 15 per leg

2c – **front plank**

- 1 minute
- rest 30 seconds
- repeat for a total of 3 sets

3a – **bench press Or DB chest press** (no rest)

- 10 reps

3b – **spider crawl push up**

- 10 reps/leg
- rest 30 seconds
- repeat for a total of 3 sets

4a – **barbell bent over row** (no rest)

- 10 reps

4b – **barbell push up**

- 10 reps

4c – **burpees**

- 20 reps
- rest 30 seconds
- repeat

5a – **DB shoulder press** (no rest)

- 10 reps

5b – **DB lateral raise** (no rest)

- 10 reps

5c – **DB front raise**

- 10 reps

5c – **DB tricep overhead press**

- 10 reps
- rest 30 seconds
- repeat for a total of 3 sets

6 - Static stretch cool down

## Workout 15

1 - **Warm up** (3-5 min)

2a – **burpees**

- 20 reps (no rest)

2b – **DB deadlift**

- 1 minute (no rest)

2b – **suspended push up (on hands or feet)** OR decline push up

- 1 minute (no rest)

2c – **DB shoulder press**

- 1 minute (no rest)

2d – **hanging leg raise**

- 1 minute
- rest 30 seconds
- repeat

3a – **squat jump**

- 30 seconds (no rest)

3b – **DB row left**

- 1 minute (no rest)

3c – **DB row right**

- 1 minute (no rest)

3d – **stick ups**

- 30 seconds (this is your rest)
- repeat

4a – **jump rope**

- 2 minutes (no rest)

4b – **renegade push up**

- 1 minute (no rest)

4c – **high front plank**

- 1 minute (this is your rest)
- repeat

5 - Static stretch cool down

## Workout 16

1 - **Warm up** (3-5 min)

2 – Do 1 minute of the following:

- 2a – **Barbell deadlift** (no rest)
- 2b – **Barbell push up** (no rest)
- 2c – **DB row left** (no rest)
- 2d – **walking side to side push up** (no rest)
- 2e – **DB row right** (no rest)
- 2f - **walking plank push up** (no rest)
- 2g – **spider crawl** (no rest)
- 2h – **jump rope**
  - rest 1 minute
  - repeat entire sequence 3 times

3a – **classic push up**

- to failure (that is as many as you can until you can't do anymore)

3b – **front plank**

- to failure (that is as long as you can)
- rest 1 minute
- repeat

4 - Static stretch cool down

## Workout 17

### **Congratulations!**

You've made it through all 16 workouts. This is just a test day. Ensure that you take a day or two off from your previous workout before attempting your push up test.

1 - **Warm up** (3-5 min)

2-**TEST** – This is a test to failure, all out, leave nothing back!

This is your last benchmark test. I'm sure you'll be surprised at how many more quality push ups you can do.