

A GUIDE TO TRAINING FOR THE PUSH-UP CHALLENGE



Push-Up Self-Assessment

The aim is to find the level of push-up at which you can complete 10 full repetitions successfully. You may need a friend to help check your technique. Start from the easiest level, attempting 10 repetitions. If you complete 10 repetitions successfully, attempt the next level. A successful repetition is having your elbows reach a 90 degree angle and then fully extending the elbows back to the straight position. Your spine and hips should be kept straight throughout.

*refer to Push-Up How To Guide and Push-Up Alternatives Guide for instructions

Type of Push-Up									
wall push-up		Bench push-up		Kneeling cantilever		Kneeling free		Full push-up	
complete	incomplete	complete	incomplete	complete	incomplete	complete	incomplete	complete	incomplete



The Program

Each week, there will be a series of push-up exercises, as well as an “accessory” workout. The accessory workout is designed to help strengthen the muscles that you need to do push-ups, and these exercises will help to make push-ups feel easier.

WEEK 1 Push-ups		
Day 1	Day 2	Day 3
Push-up Max Test = Do as many push-ups (at your appropriate level) as you can with no rest.	5 sets of 50% of your max repetitions. E.g., If your max is 20 push-ups, then complete 5 sets of 10 repetitions. Rest 1 minute between sets.	Complete 3 sets of 75% max eg. if your max is 20, then complete 3 sets of 15 pushups.

Accessory Workout

Complete 3 sets of 30 second rounds of each exercise: triceps dips, commandos, dolphins, and cobras. Aim to do this 3 times throughout the week eg. 30 seconds of triceps dips, 30 seconds of commandos, 30 seconds of dolphins and 30 seconds of cobras. Once you have completed all those exercises, that is classed as 1 set.

Rest for 30 seconds between each exercise and 1 minute between sets.

WEEK 2 Push-ups			
Day 1	Day 2	Day 3	Day 4
4 sets of 75% max. Rest 90 seconds between sets.	6 sets of 20 seconds. Rest 20 seconds between sets.	5 sets of 75% max. Rest 90 seconds between sets.	Redo push-up self-assessment test.

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Accessory Workout 1

Complete 3 sets of 30 seconds rounds of each exercise: triceps dips, commandos, and cobras. Rest 30 seconds between each exercise and 1 minute between sets. Aim to do this once this week.

Accessory Workout 2

Complete 3 sets of 40 second rounds of these exercises: triceps dips, commandos, and dolphin. Rest 20 seconds between each exercise and set. Aim to do this once this week.

WEEK 3 Push-ups			
Day 1	Day 2	Day 3	Day 4
5 sets of 30 seconds. Rest 30 seconds between sets.	4 sets of max repetitions. Note: Sets can be completed with regressed push-ups if needed*. Rest 2 minutes between sets.	5 sets of 30 seconds. Rest 30 seconds between sets. Aim to do this twice throughout the day.	5 sets of 30 seconds. Rest 30 seconds between sets. Aim to do this twice throughout the day.

*Regressed push-up option: if your maximum is 50 on your knees, you can complete 40 on your knees then 10 on a bench to achieve a total of 50.

Accessory Workout

Complete 3 sets of 20 repetitions of these exercises: triceps dips, commandos, cobras, and dolphins. No rest between exercises, 1 minute between sets. Do this once this week.

WEEK 4 Push-ups			
Day 1	Day 2	Day 3	Day 4
Redo push-up self-assessment test then complete 5 sets of 75% maximum repetitions with 90 seconds rest between sets.	Max reps in 60 seconds, 40 seconds, and 20 seconds. 20 seconds rest in between each set. Repeat 3 times, resting 60 seconds between each round.	5 sets of max repetitions. Rest 2 minutes between sets. Use regressions to complete total reps if needed.	Max reps in 60 seconds, 40 seconds, and 20 seconds. 20 seconds rest in between each set. Repeat 3 times, resting 60 seconds between each round.

Accessory Workout

Complete 3 sets of 30 repetitions of the following exercises: triceps dips, commandos, cobras, dolphins. No rest between exercises, 1 minute rest between sets. Do this twice this week.