

PUSH UP CHALLENGE

As a symbol of health and wellness, nothing surpasses the simple push-up. The push-up is the ultimate barometer of fitness. It tests the whole body, engaging muscle groups in the arms, chest, abdomen, hips and legs. It requires the body to be taut like a plank with toes and palms on the floor. The act of lifting and lowering one's entire weight is taxing even for the very fit.

In order to see where you should start this program we need to first see where you should start. To perform the test, simply execute as many good-form push ups as you can. Don't cut corners and please don't cheat - the last thing you want to do is end up in the wrong level of the training program! The results may be humbling, but trust me, honesty is the best policy if you want to maximize your strength gains!

Once you've collapsed in a sweaty heap on the floor and your arms have stopped trembling from the exertion, make a note (mental or otherwise) of how many, or how few, push ups you were able to perform.

Go to the chart below to see where on the list you should start. For example, if you performed 5 good push-ups then you will start in Week 1 - Colum 1 and progress from there. If you could perform 25 push-ups then you would start in Week 3 - Column 2. If you could perform 60 good form push-ups, really? Why are you reading this? Just kidding. Looking for more of a challenge then go to Week 6 - Column 3 to get to that next level.

Before starting, I recommend taking a couple of days to familiarize yourself with the program and recover from the exertion of the initial test. You'll be required to work out three times per week - Monday, Wednesday and Friday.

0-5	6-10	11-20	21-25	26-30
Go To Week 1 - Column 1	Go To Week 1 - Column 2	Go To Week 1 - Column 3	Go To Week 3- Column 2	Go To Week 3 - Column 3

31-35	36-45	46-50	51-60	60+
Go To Week 5 - Column 1	Go To Week 5 - Column 2	Go To Week 5 - Column 3	Go To Week 6- Column 2	Go To Week 6 - Column 3

PUSH UP CHALLENGE

Monday (Week 1 - Day 1)

Set 1	Column 1 2	Column 1 6	Column 1 10
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	3	6	12
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	2	4	7
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	2	4	7
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 3)	Max Out (min of 5)	Max Out (min of 9)

Monday (Week 2 - Day 1)

Set 1	Column 1 4	Column 1 9	Column 1 14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	6	11	14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	4	8	10
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	4	8	10
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 6)	Max Out (min of 11)	Max Out (min of 15)

Wednesday (Week 1 - Day 2)

Set 1	Column 1 3	Column 1 6	Column 1 10
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	4	8	12
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	2	6	8
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	3	6	8
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 4)	Max Out (min of 7)	Max Out (min of 12)

Wednesday (Week 2 - Day 2)

Set 1	Column 1 5	Column 1 10	Column 1 14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	6	12	16
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	4	9	12
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	4	9	12
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 7)	Max Out (min of 13)	Max Out (min of 17)

Friday (Week 1 - Day 3)

Set 1	Column 1 4	Column 1 8	Column 1 11
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	5	10	15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	4	7	9
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	4	7	9
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 5)	Max Out (min of 10)	Max Out (min of 13)

Friday (Week 2 - Day 3)

Set 1	Column 1 5	Column 1 12	Column 1 16
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	7	13	17
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	5	10	14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	5	10	14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 8)	Max Out (min of 15)	Max Out (min of 20)

PUSH UP CHALLENGE

Monday (Week 3 - Day 1)

Set 1	Column 1 10	Column 1 12	Column 1 14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	12	17	18
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	7	13	14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	7	13	14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 9)	Max Out (min of 17)	Max Out (min of 20)

Monday (Week 4 - Day 1)

Set 1	Column 1 12	Column 1 18	Column 1 21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	14	22	25
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	11	16	21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	10	16	21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 16)	Max Out (min of 25)	Max Out (min of 32)

Wednesday (Week 3 - Day 2)

Set 1	Column 1 10	Column 1 14	Column 1 20
	rest 60 sec	12	rest 60 sec
Set 2	12	19	25
	rest 60 sec	9	rest 60 sec
Set 3	8	14	15
	rest 60 sec	9	rest 60 sec
Set 4	8	14	15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 12)	Max Out (min of 19)	Max Out (min of 25)

Wednesday (Week 4 - Day 2)

Set 1	Column 1 14	Column 1 20	Column 1 25
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	16	25	29
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	12	20	25
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	12	20	25
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 18)	Max Out (min of 28)	Max Out (min of 36)

Friday (Week 3 - Day 3)

Set 1	Column 1 11	Column 1 16	Column 1 22
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	13	21	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	9	15	20
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	9	15	20
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 13)	Max Out (min of 21)	Max Out (min of 28)

Friday (Week 4 - Day 3)

Set 1	Column 1 16	Column 1 23	Column 1 29
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	18	28	33
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	13	23	29
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	13	23	29
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 20)	Max Out (min of 33)	Max Out (min of 40)

PUSH UP CHALLENGE

Monday (Week 5 - Day 1)

Set 1	Column 1 17	Column 1 28	Column 1 36
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	19	35	40
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	15	25	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	15	22	24
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 20)	Max Out (min of 35)	Max Out (min of 40)

Monday (Week 6 - Day 1)

Set 1	Column 1 25	Column 1 40	Column 1 45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	30	50	55
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	20	25	35
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	15	25	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 40)	Max Out (min of 50)	Max Out (min of 55)

Wednesday (Week 5 - Day 2)

Set 1	Column 1 10	Column 1 18	Column 1 19
	rest 60 sec	12	rest 60 sec
Set 2	10	18	19
	rest 60 sec	9	rest 60 sec
Set 3	13	20	22
	rest 60 sec	9	rest 60 sec
Set 4	13	20	22
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	10	14	18
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	10	14	18
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 25)	Max Out (min of 40)	Max Out (min of 45)

Wednesday (Week 6 - Day 2)

Set 1	Column 1 14	Column 1 20	Column 1 22
	rest 60 sec	12	rest 60 sec
Set 2	14	20	22
	rest 60 sec	9	rest 60 sec
Set 3	15	23	30
	rest 60 sec	9	rest 60 sec
Set 4	15	23	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	14	20	24
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	14	20	24
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 44)	Max Out (min of 53)	Max Out (min of 58)

Friday (Week 5 - Day 3)

Set 1	Column 1 13	Column 1 18	Column 1 20
	rest 60 sec	12	rest 60 sec
Set 2	13	18	20
	rest 60 sec	9	rest 60 sec
Set 3	15	20	24
	rest 60 sec	9	rest 60 sec
Set 4	15	20	24
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	12	17	20
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	12	17	20
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 30)	Max Out (min of 45)	Max Out (min of 50)

Friday (Week 6 - Day 3)

Set 1	Column 1 13	Column 1 22	Column 1 26
	rest 60 sec	12	rest 60 sec
Set 2	13	22	26
	rest 60 sec	9	rest 60 sec
Set 3	17	30	33
	rest 60 sec	9	rest 60 sec
Set 4	17	30	33
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	16	25	26
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	16	25	26
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 50)	Max Out (min of 55)	Max Out (min of 60)