



Push-up Program

What is a Push-up?

A push-up is one of, if not the most fundamental movements for training the upper body. The main reason for this is simple, it takes no equipment! This means you can do it anywhere and everywhere. Therefore, it is a common strength-training exercise included in sports, military, and general training. But what muscle groups does the push-up target? Well, it is not a complete upper body exercise. The push-up trains the muscles in our torso and upper limbs that are responsible for pushing or pressing. This includes: The chest, front deltoid (shoulder), and triceps (or back of the arm) primarily. You also use your core and other stabilizing muscles if the push-up is done properly to maintain a neutral spine in a plank position

How to Use This Program

On the next page, you will be testing your push-up strength to determine which level (and therefore week) you will start at on this program. Once you have your level, you will start on the week that level begins. Of course, everyone is different. So, if you feel like you are not ready for the level you have been assigned, feel free to start one or two weeks earlier to get your bearing! Each week we will have 3 workouts, these will be full-body workouts because remember, the push-up is not a full-body exercise. Although it's encouraged to focus on one goal to help progress, we wouldn't want your other muscle groups lagging while your push-ups get stronger. The portion of the workout dedicated to improving your push-up expertise is highlighted in gold. So, if you already follow a regular full-body strength training program, feel free to add the highlighted push-up workout to your current schedule.

How to Do a Push-up

To perform a proper push-up, hands should be outside of shoulder width and arms should be perpendicular to the ground. Elbows should be tucked towards the body at a 30 to 70-degree angle, this will protect your shoulders from any unnecessary strain, we want to stay safe! The other thing we want to focus on is keeping our hip joint and spine in a neutral position, which you will see demonstrated below. Maintaining a strict and especially consistent push-up form throughout this program is essential because it will make sure we are improving and not just getting better at compensating.



Remember, our trainers are here to help! If you want to improve your form on push-ups or any other exercise, feel free to ask them for a demonstration or tips.



Testing

Before we get into training, we need to know our starting point! The goal of this program, and for everyone participating, is to improve the number of repetitions we can do without a rest. However, everyone has a different starting point. So, to make sure we all are being challenged with each workout, we have split this program into 3 levels of workouts. They go as follows:

Level 1 - Weeks 1-4 - Successfully completed 0-5 repetitions

Level 2 - Weeks 5-8 - Successfully completed 5-10 repetitions

Level 3 - Weeks 8-12 - Successfully completed 10+ repetitions

Before you jump to the next level in this program, make sure you reach the eligibility criteria of the next level. Of course, your diet, training intensity, starting point, and genetics will all affect your rate of progress through these weeks. So, if you get stuck at a level for a few extra weeks, don't get discouraged! The exercises change with every level, so be sure to research the form for these new movements before starting a level or ask one of our trainers to coach you through it.

of Repetitions: _____

Starting Level: _____

Warm-up & Cooldown

Don't jump into a set just yet, we need to warm up! When doing the resistance training throughout these upcoming weeks, we will be building and damaging the muscles in our body. We need to make sure before we workout we are properly warmed up and after the workout we properly cooldown to improve mobility and strength, reduce our chance of injury, increase and decrease our heart rate, and improve blood flow so we get all the nutrients we need to not only have a great workout, but recover from one.

Every workout should start with 10 minutes of warming up and end with 5-10 minutes of a cooldown, feel free to follow the warmup and cooldown below.

Warm-up

Cooldown

- Deep Lunge Ankle MOB's x 15 per leg
- Squats x 10
- Side Leg Swing x 10 each side
- Front-back Leg Swing x 10 each side
- Figure 4 Squat x 10 each side
- Band Pull Apart x 15
- Band Around the World x 10
- Arm Swings x 20s
- Assault Bike x 2mins

- Overhead Triceps Stretch x 10s each side
- Cross-arm Stretch x 10s each side
- Standing Hamstring stretch x 10s
- Standing Quadricep Stretch x 10s each side
- Upward Dog x 10s
- Hip Flexor Stretch x 10s each side
- Ankle Wall Stretch x 10s each side

***For Video Demonstrations
of each exercise, visit:
<https://vimeo.com/showcase/9758100>
Password: ProgramDemo***



Push-up Program Level 1

| WORKOUT 1 | | | | | | | | | | | |
|---------------------|------|----------|--------|---|-------|--------|-------|--------|-------|--------|-------|
| Exercise Details | | | | Loads, Reps, Incline Push-up Height, and Weekly Notes | | | | | | | |
| Exercise | Sets | Reps | Rest | Week 1 | Notes | Week 2 | Notes | Week 3 | Notes | Week 4 | Notes |
| Leg Press Machine | 4 | 10 | 1-2min | | | | | | | | |
| Chest-Supported Row | 3 | 10 | 1min | | | | | | | | |
| Hamstring Curl | 3 | 10 | 1min | | | | | | | | |
| Incline Push-up | 2 | 10-15 | 1min | | | | | | | | |
| Chest Press Machine | 2 | 8-10 | 1min | | | | | | | | |
| Plank | 2 | 30s-1min | 1min | | | | | | | | |
| Treadmill | 1 | 10mins | n/a | | | | | | | | |

| WORKOUT 2 | | | | | | | | | | | |
|--------------------------------------|------|----------|--------------|---|-------|--------|-------|--------|-------|--------|-------|
| Exercise Details | | | | Loads, Reps, Incline Push-up Height, and Weekly Notes | | | | | | | |
| Exercise | Sets | Reps | Rest | Week 1 | Notes | Week 2 | Notes | Week 3 | Notes | Week 4 | Notes |
| TRX Body Row | 3 | 10 | 1min | | | | | | | | |
| KB Goblet Squat or Body Weight Squat | 3 | 10 | 1-2min | | | | | | | | |
| Calve Raise | 3 | 10 | 1min | | | | | | | | |
| Shoulder Press Machine | 2 | 8 | 1-2min | | | | | | | | |
| Pec Fly Machine* | 2,1 | 10, 8-12 | 1-2min, 0min | | | | | | | | |
| Plank | 2 | 30s-1min | 1min | | | | | | | | |
| Treadmill | 1 | 10mins | n/a | | | | | | | | |

*Dropset = take no rest between 3rd set and last set, decrease load to complete more repetitions

| WORKOUT 3 | | | | | | | | | | | |
|--------------------------|------|--------|---------|---|-------|--------|-------|--------|-------|--------|-------|
| Exercise Details | | | | Loads, Reps, Incline Push-up Height, and Weekly Notes | | | | | | | |
| Exercise | Sets | Reps | Rest | Week 1 | Notes | Week 2 | Notes | Week 3 | Notes | Week 4 | Notes |
| 45 Degree Back Extension | 3 | 10 | 1min | | | | | | | | |
| Leg Extension | 3 | 10 | 1min | | | | | | | | |
| Assisted Pull-up Machine | 3 | 10 | 1min | | | | | | | | |
| Incline Press Machine | 2 | 15 | 1-2mins | | | | | | | | |
| CB* Tricep Extension | 2 | 8 | 1min | | | | | | | | |
| Lateral Raise | 2 | 10 | 1min | | | | | | | | |
| Treadmill | 1 | 10mins | n/a | | | | | | | | |

*CB = Cable

Push-up Program Level 3

| WORKOUT 1 | | | | | | | | | | | |
|--------------------------|------|------------|------------|---|-------|--------|-------|--------|-------|--------|-------|
| Exercise Details | | | | Loads, Reps, Incline Push-up Height, and Weekly Notes | | | | | | | |
| Exercise | Sets | Reps | Rest | Week 1 | Notes | Week 2 | Notes | Week 3 | Notes | Week 4 | Notes |
| Barbell Squat | 3 | 8 | 2min | | | | | | | | |
| Dumbbell RDL | 3 | 10 | 1-2min | | | | | | | | |
| Hamstring Curl | 3 | 10 | 1min | | | | | | | | |
| Push-up | 3 | 10-15 | 1min | | | | | | | | |
| DB* Pec Fly to Hex Press | 2 | 10 of each | 1min | | | | | | | | |
| KB Pull-through | 2 | 6 | 30s-1min | | | | | | | | |
| Assault Bike | 5 | 30s Hard | 1min Light | | | | | | | | |

*DB = Dumbbell

| WORKOUT 2 | | | | | | | | | | | |
|------------------------|------|---------|--------|---|-------|--------|-------|--------|-------|--------|-------|
| Exercise Details | | | | Loads, Reps, Incline Push-up Height, and Weekly Notes | | | | | | | |
| Exercise | Sets | Reps | Rest | Week 1 | Notes | Week 2 | Notes | Week 3 | Notes | Week 4 | Notes |
| Walking Lunge | 3 | 20 | 1-2min | | | | | | | | |
| Cable Row | 3 | 8 | 1min | | | | | | | | |
| Dumbbell Rear Delt Fly | 3 | 12 | 1min | | | | | | | | |
| Bench Press | 3 | 10-12 | 1-2min | | | | | | | | |
| Lateral Raise | 2 | 10 | 1min | | | | | | | | |
| Plank | 2 | 1-2mins | 30s | | | | | | | | |
| Battle Ropes | 8 | 15s | 15s | | | | | | | | |

| WORKOUT 3 | | | | | | | | | | | |
|-------------------------|------|-------------|--------|---|-------|--------|-------|--------|-------|--------|-------|
| Exercise Details | | | | Loads, Reps, Incline Push-up Height, and Weekly Notes | | | | | | | |
| Exercise | Sets | Reps | Rest | Week 1 | Notes | Week 2 | Notes | Week 3 | Notes | Week 4 | Notes |
| Deadlift | 3 | 8 | 2min | | | | | | | | |
| Chest Supported Row | 3 | 10 | 1min | | | | | | | | |
| Bicep Curl | 2 | 8 each arm | 1min | | | | | | | | |
| Push-up | 3 | 10-15 | 1-2min | | | | | | | | |
| Cable Tricep Extension* | 3,1 | 10 | 1min | | | | | | | | |
| High Plank Shoulder Tap | 2 | 10 | 1min | | | | | | | | |
| Sled Push | 4 | Turf Length | 1-2min | | | | | | | | |

*Dropset = take no rest between 3rd set and last set, decrease load to complete more repetitions