

Six-Week Push-up Improvement Program

- Warm up for a few minutes by jogging in place for 2 minutes. Then do some light warm-up exercises such as arm circles, arm crosses, shoulder rolls, and jumping jacks.
- Do specific push-up training for 10 to 15 minutes, 3 days a week, with a day off between training sessions. Example: Monday, Wednesday and Friday.
- Training must be progressive in nature with both the intensity and duration increasing each week of the program.
- During the six-week program you will perform various exercises from 15 – 40 seconds, with rest intervals between exercises ranging from 15 – 60 seconds.
- Cool down for about 5 minutes by walking in place and stretching the arms.

WEEK 1

Mon-Wed-Fri

Type of Push-up	Time	Rest Interval
1 Try regular push-up with normal hand position	30 sec	60 sec
2 Knee push-up with wide hands	30 sec	60 sec
3 Knee push-up with close hands	30 sec	60 sec
4 Knee push-up with normal hand position	20 sec	End

Total Time: 4 minutes 50 seconds

WEEK 2

Mon-Wed-Fri

Type of Push-up	Time	Rest Interval
1 Try regular push-up with normal hand position	30 sec	45 sec
2 Knee push-up with wide hands	30 sec	45 sec
3 Knee push-up with close hands	30 sec	45 sec
4 Knee push-up with normal hand position	30 sec	End

Total Time: 4 minutes 45 seconds

WEEK 3

Mon-Wed-Fri

Type of Push-up	Time	Rest Interval
1 Try regular push-up with normal hand position	30 sec	30 sec
2 Try regular with close hands	30 sec	30 sec
3 Try regular with wide hands	30 sec	30 sec

4	Knee push-up with normal hand position	30 sec	30 sec
5	Knee push-up with close hands	20 sec	30 sec
6	Knee push-up with wide hands	20 sec	End

Total Time: 5 minutes 10 seconds

WEEK 4

Mon-Wed-Fri

Type of Push-up	Time	Rest Interval
1 Try regular push-up with normal hand position	30 sec	20 sec
2 Try regular with close hands	30 sec	20 sec
3 Try regular with wide hands	30 sec	20 sec
4 Knee push-up with normal hand position	30 sec	20 sec
5 Knee push-up with close hands	30 sec	20 sec
6 Knee push-up with wide hands	30 sec	End

Total Time: 4 minutes 40 seconds

WEEK 5

Mon-Wed-Fri

Type of Push-up	Time	Rest Interval
1 Try regular push-up with normal hand position	30 sec	15 sec
2 Try regular with close hands	30 sec	15 sec
3 Try regular with wide hands	30 sec	15 sec
4 Knee push-up with normal hand position	20 sec	10 sec
5 Knee push-up with close hands	20 sec	10 sec
6 Knee push-up with wide hands	20 sec	End

Total Time: 3 minutes 35 seconds

WEEK 6

Mon-Wed-Fri

Type of Push-up	Time	Rest Interval
1 Try regular push-up with normal hand position	40 sec	20 sec
2 Try regular with close hands	40 sec	20 sec
3 Try regular with wide hands	40 sec	20 sec
4 Knee push-up with normal hand position	30 sec	End

Total Time 3 minutes 30 seconds