

Push-up Programmes

| <u>Max Push-ups</u> | <u>Starting Programme</u> |
|---------------------|---------------------------|
| 0 | Preliminary |
| 1-3 | Beginner 1 |
| 4-6 | Beginner 2 |
| 7-12 | Intermediate 1 |
| 13-20 | Intermediate 2 |
| 21-25 | Advanced 1 |
| 26+ | Advanced 2 |

Preliminary Programme

| Week | Day 1 | Day 2 | Day 3 |
|---------------|------------|-------------|-------------|
| 1 (wall) | 5-8-5-5-10 | 6-10-6-6-12 | 7-12-7-7-15 |
| 2 (red box+) | 5-8-5-5-10 | 6-10-6-6-12 | 7-12-7-7-15 |
| 3 (green box) | 5-8-5-5-10 | 6-10-6-6-12 | 7-12-7-7-15 |
| 4 (knees) | 5-8-5-5-10 | 6-10-6-6-12 | 7-12-7-7-15 |

Beginner 1 Programme

| Week | Day 1 | Day 2 | Day 3 |
|------|-----------------|-----------------------|-----------------------|
| 1 | 1-2-1-1-2+ | 2-3-1-2-3+ | 3-4-3-3-4+ |
| 2 | 3-5-2-2-5+ | 3-5-3-3-6+ | 4-5-5-5-7+ |
| 3 | 4-6-4-4-8+ | 5-7-6-6-9+ | 6-9-7-7-10+ |
| 4 | 8-10-7-7-12+ | 8-10-8-8-14+ | 9-11-9-9-16+ |
| 5 | 8-11-8-8-18+ | 6-6-10-10-6-6-20+ | 7-7-12-12-6-6-24+ |
| 6 | 8-13-8-8-26+ | 6-6-10-10-7-7-28+ | 8-8-12-12-8-8-30+ |
| 7 | 10-15-10-10-33+ | 8-8-12-12-8-8-36+ | 10-10-14-14-10-10-40+ |
| 8 | 12-16-12-12-45+ | 9-9-13-13-9-9-50+ | 11-11-15-15-11-11-55+ |
| 9 | 13-18-13-13-50+ | 10-10-15-15-10-10-55+ | 12-12-16-16-12-12-60+ |
| 10 | 15-20-15-15-50+ | 12-12-16-16-13-13-55+ | 13-13-18-18-13-13-60+ |

Beginner 2 Programme

| Week | Day 1 | Day 2 | Day 3 |
|------|-----------------|-----------------------|-----------------------|
| 1 | 2-3-2-2-3+ | 3-4-2-3-4+ | 4-5-4-4-5+ |
| 2 | 4-6-4-4-7+ | 5-7-5-5-8+ | 6-8-6-6-9+ |
| 3 | 6-8-6-6-9+ | 7-10-8-8-11+ | 8-12-9-9-13+ |
| 4 | 9-12-9-9-15+ | 10-13-10-10-17+ | 11-14-11-11-19+ |
| 5 | 9-14-10-10-20+ | 7-7-12-12-7-7-25+ | 8-8-14-14-8-8-30+ |
| 6 | 10-15-10-10-30+ | 8-8-12-12-9-9-35+ | 10-10-14-14-10-10-40+ |
| 7 | 12-17-12-12-40+ | 10-10-14-14-10-10-45+ | 13-18-13-13-50+ |
| 8 | 13-18-13-13-50+ | 11-11-15-15-11-11-55+ | 13-13-17-17-13-13-60+ |
| 9 | 14-20-14-14-50+ | 12-12-17-17-12-12-55+ | 14-14-18-18-14-14-60+ |
| 10 | 16-24-16-16-50+ | 14-14-19-19-14-14-55+ | 16-16-20-20-16-16-60+ |

Intermediate 1 Programme

| Week | Day 1 | Day 2 | Day 3 |
|------|-----------------|--------------------------|--------------------------|
| 1 | 4-6-4-4-5+ | 6-8-6-6-7+ | 7-10-7-7-9+ |
| 2 | 7-9-7-7-10+ | 8-10-8-8-11+ | 9-11-9-9-12+ |
| 3 | 9-12-9-9-14+ | 10-13-10-10-16+ | 11-14-12-12-18+ |
| 4 | 12-15-12-12-18+ | 14-16-14-14-19+ | 15-17-15-15-22+ |
| 5 | 16-20-16-15-26+ | 10-10-16-16-10-10-31+ | 11-11-16-16-11-11-37+ |
| 6 | 12-12-22-22-40+ | 14-14-18-18-14-14-44+ | 16-16-22-22-16-16-48+ |
| 7 | 14-20-19-20-50+ | 18-18-20-20-16-16-16-55+ | 20-20-22-22-18-18-18-60+ |

Intermediate 2 Programme

| Week | Day 1 | Day 2 | Day 3 |
|------|-----------------|--------------------------|--------------------------|
| 1 | 6-8-6-6-7+ | 8-10-8-8-9+ | 9-12-9-9-11+ |
| 2 | 9-11-9-9-12+ | 10-12-10-10-13+ | 11-13-11-11-14+ |
| 3 | 11-14-11-11-16+ | 12-15-12-12-18+ | 13-16-14-14-20+ |
| 4 | 14-17-14-14-20+ | 16-18-16-16-21+ | 17-19-17-17-24+ |
| 5 | 18-22-18-18-28+ | 12-12-18-18-12-12-33+ | 13-13-18-18-13-13-39+ |
| 6 | 14-14-24-24-42+ | 16-16-20-20-16-16-46+ | 18-18-24-24-18-18-50+ |
| 7 | 16-18-21-22-50+ | 20-20-22-22-18-18-18-55+ | 22-22-24-24-20-20-20-60+ |

Advanced 1 Programme

| Week | Day 1 | Day 2 | Day 3 |
|------|-----------------|--------------------------|--------------------------|
| 1 | 11-13-8-8-10+ | 11-13-9-9-13+ | 12-14-10-10-14+ |
| 2 | 10-13-10-10-14+ | 12-15-11-11-16+ | 14-17-12-12-18+ |
| 3 | 12-15-10-10-17+ | 14-17-12-12-19+ | 16-20-14-14-21+ |
| 4 | 13-17-13-13-19+ | 19-20-14-14-24+ | 21-24-19-19-28+ |
| 5 | 19-25-21-21-31+ | 13-13-19-19-13-13-34+ | 13-13-20-20-13-13-36+ |
| 6 | 17-27-23-23-41+ | 17-17-23-23-18-18-45+ | 19-19-25-25-20-20-49+ |
| 7 | 19-31-25-25-50+ | 19-19-23-23-19-19-22-55+ | 23-23-30-30-25-25-23-60+ |

Advanced 2 Programme

| Week | Day 1 | Day 2 | Day 3 |
|------|-----------------|--------------------------|--------------------------|
| 1 | 13-15-10-10-12+ | 13-15-11-11-15+ | 14-16-12-12-16+ |
| 2 | 12-15-12-12-16+ | 14-17-13-13-18+ | 16-19-14-14-20+ |
| 3 | 12-15-10-10-19+ | 14-17-12-12-21+ | 16-20-14-14-23 |
| 4 | 15-19-15-15-21+ | 21-23-16-16-26+ | 23-27-21-21-30+ |
| 5 | 21-27-23-23-33+ | 15-15-21-21-15-15-36+ | 15-15-22-22-15-15-38+ |
| 6 | 18-28-24-24-42+ | 18-18-24-24-19-19-46+ | 20-20-26-26-21-21-50+ |
| 7 | 20-32-26-26-50+ | 20-20-24-24-20-20-23-55+ | 24-24-31-31-26-26-24-60+ |