

SUMMER CHALLENGE

100 Push-Ups

Can You Complete a Hundred Push-ups?

Push-ups are one of best strength building activities you can do. They are good for your chest, torso, shoulders, triceps and your abs! That being said, one of the hardest physical activities you can do is the push-up. Many people can't even accomplish doing 10. Perhaps, you can't even accomplish doing one.



Can you identify?

If you think it is completely impossible for you to accomplish doing 100, 50, 20 or even 10 consecutive push-ups, think again. Many people give up without even trying.

Determine to do push-ups and find a good exercise program that will help you build the required muscles. Take your time and do what you can, while also pushing yourself to do just a little more. If you can't do standard push-ups, do knee push-ups as they will help you build up your strength. If you can't do those, find a higher surface that you can do push-ups.

A Training Program for You

Whether you can already do 75 push-ups or if you are like many who wish you could do 10, here is a 6-week push-up program for you. It will take you step by step from an initial test through several sets of routines for you to go through at your own pace.

Don't despair if you can't finish it in six weeks, just keep working at it and building up your muscles. You will notice a change in a matter of days!

The Hundred Pushups Training Program



If you're serious about increasing your strength, follow this six-week training program and you'll soon be on your way to completing 100 consecutive pushups!

Think there's no way you could do this? I think you can. All you need is a good plan, plenty of discipline, and about 30 minutes a week to achieve this goal!

No doubt some of you can already do 50 consecutive pushups, but let's face it; you're in a big minority. Most of you reading this won't even be able to manage 20 pushups. Actually, I'm sure many of you can't even do 10.

However, it really doesn't matter which group you fall into. If you follow the progressive pushups training program, I'm positive you'll soon be able to do 100 pushups!

Before you dive in and start the Hundred Pushups Program, you should:

- Obtain medical advice and clearance from your doctor
- Take an initial pushups test

The test will highlight your current fitness level and determine where to start and how to plan your pushups training program.

AGE	<40	40-55	>55
RANK	number of pushups performed		
1	0-5	0-5	0-5
2	6-14	6-12	6-10
3	15-29	13-24	11-19
4	30-49	25-44	20-34
5	50-99	45-74	35-64
6	100-150	75-124	65-99
7	>150	>125	>100

To perform the test, simply execute as many good-form pushups 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, pushups you were

able to perform. As an example, the first time I performed the test, I managed to eke out just 14 consecutive good-form pushups.

Before starting Week 1, 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 seem to work well, but it's up to you.

Don't forget how many pushups you performed in the test and if you're still keen to improve your strength and fitness, read on to learn more about the program.

Week 1

So, you've completed your initial test and keen to start the program?
Excellent news!

- If you managed 5 or less pushups in the test, follow **Column 1**.
- If you completed between 6 and 10 pushups, **Column 2** is for you.
- Between 11 and 20 consecutive pushups? Impressive! **Column 3** is what you're looking for.
- More than 20 pushups? I would suggest starting the program on **Week 3**. Choose either Column 2 or 3 based on the number of pushups you managed in your initial test.

For example: let's say you managed 8 pushups. Looking at the second column, Day 1 begins with Set 1 (6 pushups), a rest period of 60 seconds, before moving on to Set 2 (6 pushups). Rest for 60 seconds and continue with Set 3 (4 pushups) and Set 4 (4 pushups), before finishing with Set 5 and as many consecutive pushups as you can comfortably manage (at least 5, but not so many that you damage muscle tissue). The 60 seconds rest between each level should allow you to complete the workout, but I promise it will get tough towards the end.

Treat yourself to a rest day before moving on to Day 2, and then again before you complete Day 3. Again, Monday, Wednesday, Friday schedule works well and allows you to use the weekend for rest and recovery before moving on to the next stage of the program. Feel free to juggle the plan around to meet your busy schedule, but make sure you rest in between workout days.

WEEK 1

REST 60 SECONDS BETWEEN SETS (LONGER IF NECESSARY)

	DAY 1			DAY 2			DAY 3		
Push-Ups	<5	6-10	11-20	<5	6-10	11-20	<5	6-10	11-20
Set 1	2	6	10	3	6	10	4	8	11
Set 2	3	6	12	4	8	12	5	10	15
Set 3	2	4	7	2	6	8	4	7	9
Set 4	2	4	7	3	6	8	4	7	9
Set 5	3+	5+	9+	4+	7+	12+	5+	10+	13+

Hopefully you made it safely through the first week and now you're keen to move on to **Week 2**. However, if for some reason you struggled with the program, I would suggest either retaking the initial test or repeating **Week 1**. You'll probably be surprised at how much stronger you already are and will sail through the first week and be fired up and raring to go.

If you're ready to move on, let's take a look at **Week 2** of the Hundred Pushups Program.



Week 2

Week 1 should now be comfortably behind you and it's time to start **Week 2** of the hundred pushups program. Continue by following the same column of exercises as you did in **Week 1**. Don't cut any corners, but feel free to take a little more rest between each level if you need to. It's also important to be well hydrated before you start each workout.

NOTE: At the end of **Week 2** it will be time to check your strength and perform an exhaustion test. In simple terms, perform as many good-form push-ups as you can comfortably manage before you physically can't do another rep. Stress your system by all means, but please don't go beyond the safety limit. The number of pushups you complete will determine which level of the program you'll start in **Week 3**. Perform this test within a couple of days of completing **Week 2**. **Good luck!**

WEEK 2									
REST 60 SECONDS BETWEEN SETS (LONGER IF NECESSARY)									
	DAY 1			DAY 2			DAY 3		
Push-Ups	<5	6-10	11-20	<5	6-10	11-20	<5	6-10	11-20
Set 1	4	9	14	5	10	14	5	12	16
Set 2	6	11	14	6	12	16	7	13	17
Set 3	4	8	10	4	9	12	5	10	14
Set 4	4	8	10	4	9	12	5	10	14
Set 5	6+	11+	15+	7+	13+	17+	8+	15+	20+

Don't forget, now you've completed **Week 2**, it's time to take an exhaustion test. Perform as many good-form pushups as you can manage before you physically can't do another one. Make a note of how many pushups you complete, and move on to **Week 3**. Hope you're ready for the next level!

Week 3

You should be a little stronger than you were a couple of weeks ago and able to complete considerably more pushups than your initial test.

NOTE:

- If you managed 16-20 pushups in the latest test, follow Column 1.
- If you completed between 21 & 25, Column 2 is for you.
- More than 25 consecutive pushups? Excellent! You'll be following Column 3.

If you're struggling with the program, don't lose heart. Some people will still be doing less than 16 consecutive pushups, but this is ok. Just repeat the week you struggled with until you're strong enough to move on to the next level - I promise it will be worth your while!

WEEK 3									
For DAY 1, REST 60 SECONDS BETWEEN SETS, For DAY 2, 90 SECONDS BETWEEN SETS For DAY 3, 120 SECONDS BETWEEN SETS (LONGER IF NECESSARY)									
	DAY 1			DAY 2			DAY 3		
Push-Ups	16-20	21-25	>25	16-20	21-25	>25	16-20	21-25	>25
Set 1	10	12	14	10	14	20	11	16	22
Set 2	12	17	18	12	19	25	13	21	30
Set 3	7	13	14	8	14	15	9	15	20
Set 4	7	13	14	8	14	15	9	15	20
Set 5	9+	17+	20+	12+	19+	25+	13+	21+	28+

Hopefully you made it safely through the third week and you're ready to move on to **Week 4**. Keep up the great work - you're halfway through the program and well on your way to performing one hundred consecutive pushups.

Let's continue with the program and take a look at **Week 4**.

Week 4

Week 3 is now comfortably behind you and it's time to start **Week 4**. Continue by following the same column of exercises as you did last week.

At the end of **Week 4** it will be time to perform another exhaustion test. You should know what to do by now - simply perform as many good-form pushups as you can comfortably manage before you're unable to perform another one. As per the end of **Week 2**, stress your system by all means, but please don't go beyond the safety limit.

The number of pushups you complete will determine which level of the program you'll start in **Week 5**. Make sure you perform this test within a couple of days of completing **Week 4**.

WEEK 4

For DAY 1, REST 60 SECONDS BETWEEN SETS,
For DAY 2, 90 SECONDS BETWEEN SETS
For DAY 3, 120 SECONDS BETWEEN SETS (LONGER IF NECESSARY)

	DAY 1			DAY 2			DAY 3		
Push-Ups	16-20	21-25	>25	16-20	21-25	>25	16-20	21-25	>25
Set 1	12	18	21	14	20	25	16	23	29
Set 2	14	22	25	16	25	29	18	28	33
Set 3	11	16	21	12	20	25	13	23	29
Set 4	10	16	21	12	20	25	13	23	29
Set 5	16+	25+	32+	18+	28+	36+	20+	33+	40+

Ok, time for another exhaustion test. You should be feeling much stronger now than your initial test 4 weeks ago. Make a note of how many pushups you complete and move on to **Week 5**.

Week 5

Depending on the results of your latest test, continue with an appropriate week and column, even if it means you have to complete **Week 3** or **Week 4** again.

- If you managed 31 - 35 pushups, follow **Column 1**.
- If you completed between 36 & 40, **Column 2** is for you.
- More than 40 consecutive pushups? Great work! You'll be following **Column 3**.

WEEK 5									
REST 45 SECONDS BETWEEN SETS (LONGER IF NECESSARY)									
	DAY 1			DAY 2			DAY 3		
Push-Ups	31-35	36-40	>40	31-35	36-40	>40	31-35	36-40	>40
Set 1	17	28	36	10	18	19	13	18	20
Set 2	19	35	40	10	18	19	13	18	20
Set 3	15	25	30	13	20	22	15	20	24
Set 4	15	22	24	13	20	22	15	20	24
Set 5	20+	35+	40+	10	14	18	12	17	20
Set 6				10	14	18	12	17	20
Set 7				9	16	22	10	20	22
Set 8				25+	40+	45+	30+	45+	50+

Surprise, surprise, it's time for another exhaustion test. **Week 5** was a tough one, and if you've made it this far, you're getting close to reaching your goal. If you're able to perform more than 45 consecutive pushups, feel free to move on to **Week 6**. Couldn't quite manage 45? No problem, just repeat the week and you should be ready to go after another three workout days. Good luck!

Week 6

Depending on the results of your latest test, continue with an appropriate week and column, even if it means you have to complete **Week 5** again.

- If you managed 46 - 50 pushups, follow **Column 1**.
- If you completed between 51 & 60, **Column 2** is for you.
- More than 60 consecutive pushups? Tremendous! You'll be following **Column 3**.

WEEK 6									
REST 45 SECONDS BETWEEN SETS (LONGER IF NECESSARY)									
	DAY 1			DAY 2			DAY 3		
Push-Ups	46-50	51-60	>60	46-50	51-60	>60	46-50	51-60	>60
Set 1	25	40	45	14	20	22	13	22	26
Set 2	30	50	55	14	20	22	13	22	26
Set 3	20	25	35	15	23	30	17	30	33
Set 4	15	25	30	15	23	30	17	30	33
Set 5	40+	50+	55+	14	20	24	16	25	26
Set 6				14	20	24	16	25	26
Set 7				10	18	18	14	18	22
Set 8				10	18	18	14	18	22
Set 9				44+	53+	58+	50+	55+	60+

Well? Did you make it through **Week 6**? If you did; congratulations - you should be very proud of your achievements and ready for one final test.

If you struggled with **Week 6** (many people do), no problem, just repeat the appropriate week and try again. Maybe an extra couple of days rest will benefit you?

Final Test



If you're reading this page you should be very proud of your achievements and ready for one final test. As you're well aware, the program you've been following is called One Hundred Pushups and that's what this final test is all about.

To perform the test, simply execute as many good-form pushups as you can. If you've completed the six week program with no cheating and no short cuts, experience has shown that you should be strong enough to perform one hundred consecutive pushups!

After completing **Week 6** of the program, treat yourself to a day or two of rest. Eat well and maintain good hydration. Try not to perform any exercises or tasks around the home that will drain you of energy - you'll need every ounce of strength to meet your goal. Ready?

Take your time, don't rush and focus on performing ten pushups at a time. Breaking the magic hundred into smaller chunks will make the goal more achievable and give you more chance of success. Maintain good form and don't hold your breath. It sounds simple, but just take it one push up at a time until you reach one hundred! If you start to feel shaky, take a few deep breaths and regain your composure before starting again. **Good luck - I know you can do it!!**

Just in case you didn't manage the hundred, I would suggest going back a couple of weeks in the program and building up your strength again. Maybe **Week 5** or **Week 6** would be good for you and help regain your confidence? Don't give up; you're closer than you think!