

Double your pushups in 2 weeks

DOUBLE YOUR PUSHUPS IN



2 WEEKS!!!

The Pushup

The Pushup... One of the most well known exercise and one of the best.

Like them or hate them it's the one exercise you should be doing on a weekly basis. With it's many variations this exercise can not be overlooked.

Improving your pushups is a goal of many. This is why I set out on looking for the best methods of increasing, evening doubling your reps in just a few weeks.

Based on my own in-house research and information I gathered from other trainers, here is your guide to dominating your pushup.

Let's get started,



Derek Delisle, PTS

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NOTES Before Starting

First, you should use this program to go along with your current workout plan.

You do not need to drop everything and only do this workout guide in order to improve your pushups. In fact, I recommend **ADDING** this on to your current routine. Simply add it in the morning or immediately after your current workouts.

Second, if you are really struggling with your pushups, you should really emphasize getting stronger during this time with weighted exercises. Some examples would be bench press (dumbbell and barbell or both), shoulder press, tricep work like dips and extensions, etc.

The stronger your chest, shoulders, and triceps are... The easier pushups become.

Finally, if you are a beginner who cannot do more than 3 pushups in a row, I recommend starting the program on your knees for the first week. From there, you should test weekly to see how many normal pushups you can get in a row.

Once you are able to do 5 or more regular pushups in a row, then follow the plan exactly as it says below.

If you can do MORE than 50 pushups in a row right now... **Do NOT go over 250-300 pushups in a workout no matter what the calculations say below (see next page)**

PUSHUP DOMINATION PROGRAM

At first glance, this program will seem simple, yet it will work wonders when followed. Laid out for you below are the exact rules you should follow over the next six-weeks in order to start working your way to doing 50, 60, 75, or even 100 straight pushups.

Day One: **Test Day**

Your very first step is to get down into a pushup position, on your hands and feet with your back straight and core tight, and perform as many perfect form pushups as possible.

Really push yourself on this initial test. It won't do you any good if you stop early before reaching failure. Go until you cannot physically do anymore pushups (**safely that is and with PERFECT form!**)

IMPORTANT: Your pushups should not be super fast. Go at a good, fluid pace. One second down, one second up is best.

Once you have complete as many pushups as possible, write down the number you got in your training journal or in the chart provided on page 10 **Seriously, write it down.**

After you have your number written down, I want you to multiply it by 5. For example, let's say you did 25 straight pushups, your number would be 125.

25 straight pushups X 5 = 125

125 is the number of reps that you will be completing on push-ups each day as outlined

below.

(example purposes, we are going to use 125 reps as our number throughout the rest of the days on the program. This number will be different for everyone though.)

NOTE: If your pushup total is over 50 repetitions, your pushups will consist of doing 250-300 reps MAX. For example, even if your max reps is 70 pushups on your test day, you will NOT be doing 350 reps for your workout. **Instead you will do 250-300 in as little sets as possible.**

NOTE: If you are sore from the test day, I recommend taking a day or two to recover before starting day 2.

Day 2: Max Rep Day

On Day 2 you have one goal: Complete all 125 pushups (or whatever YOUR number is from above) in as little sets as possible. This means you should be pushing each set to get as many pushups as you can.

Be sure to write down how many reps you get in each set. For example, let's say it took you 7 sets to get the full 125 reps. Your notebook or the chart on page would look like this:

Set 1: 23

Set 2: 37

Set 3: 57

Set 4: 74

Set 5: 88

Set 6: 106

Set 7: 125

It's important to track because then you can go back and see how you progressed in each round.

Day 3: **Sporadic Push**

On Day 3, you will be completing **YOUR** number of pushups (so *125 for our example*), however this time you will break it up throughout the day. For example, you can do a few sets in the morning, some at lunch, and the rest in the evening.

Do NOT train to failure on these days. Simply get in all your pushups. This is more of a relaxed pushup day so do not push to failure like you do on your Max Rep days.

For example, you could do 5 sets of 12 reps (**50% of whatever your max reps is**) in the morning then 5 sets of 10 reps in the evening then one set of 15 reps before bed. However you want to do it is fine.

Day 4: **Rest Day**

Day 4 is a recovery day. If possible, do no upper body exercises on this day that incorporate the chest, shoulder, or triceps.

Day 5: **Max Rep Day**

Complete all reps in as little sets as possible, in one focused pushup session. Remember, you are pushing to failure on your sets. Track your scores in your notebook.

Day 6: **Max Rep Day**

Complete all reps in as little sets as possible, in one focused pushup session. Remember, you are pushing to failure on your sets. Track your scores in your notebook.

Day 7: Sporadic Push

On Day 7, you will be completing YOUR number of pushups, however this time you will break it up throughout the day. For example, you can do a few sets in the morning, some at lunch, and the rest in the evening.

Do NOT train to failure on these days. Simply get in all your pushups.

Day 8: Rest Day

Day 8 is another recovery day. If possible, do no upper body exercises on this day that incorporate the chest, shoulder, or triceps.

Day 9: Max Rep Day

Complete all reps in as little sets as possible, in one focused pushup session. Remember, you are pushing to failure on your sets.

Day 10: Sporadic Push

On Day 10, you will be completing YOUR number of pushups, however this time you will break it up throughout the day. For example, you can do a few sets in the morning, some at lunch, and the rest in the evening.

Do NOT train to failure on these days. Simply get in all your pushups.

Day 11: Max Rep Day

Complete all reps in as little sets as possible, in one focused pushup session. Remember, you are pushing to failure on your sets.

Day 12: Rest Day

Day 12 is another recovery day. If possible, do no upper body exercises on this day that incorporate the chest, shoulder, or triceps.

Day 13: **Rest Day**

Day 13 is another recovery day. If possible, do no upper body exercises on this day that incorporate the chest, shoulder, or triceps.

Day 14: **RETEST**

After 2-days of rest, your body will be well recovered to retest and see how many pushups you can now get in a row. **You should be able to do more than day one and also more than your max number on day 11.**

Because of these two days rest, your body will be primed to do more pushups.

Be sure to write down your new number for the amount of pushups you got on this day.

This is your NEW number moving forward. For example, if you were able to do 20 more pushups than on day one, your number for round two would be:

Example Retest: 45 Pushups X 5 = 225 reps

225 would then be your number as you repeat the process.

After your retest day...

After you have retested and improved your pushup total, you are going to repeat exactly what you just did with your **NEW number**.

So in our example, we would use 45 pushups since that is our new max.

After the retest, you have one of two options moving forward:

1. Start right away the very next day (which would be Day 2 above with your new number).

OR

2. Take 1-2 days rest and start back up.

You can repeat this pushup cycle up to 3 total times.

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This means you can retest a TOTAL of 3 times. After your third retest, I recommend taking at least 1 full week off of pushups. If you were to take 3 retests, you would have gone through right around 42-days of this kind of pushup training routine (just about the 6-week mark)

In that time, you will be surprised how much your pushups will improve.

After your full week off, you can redo the plan again or simply start incorporating more pushups into your current workout routine because by that point... You will be **DOMINATING** pushups.

Day	Day Type:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
SAMPLE MAX REP DAY: My pushup goal is 125		23 (23 reps)	37 (14 reps)	57 (20 reps)	74 (17 reps)	88 (14 reps)	106 (18 reps)	125 (19 reps)	
SAMPLE SPORADIC DAY: My pushup goal is 125		(Did I complete all 125 reps?) Yes/NO: YES!							
Day:	Day Type:	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 6	Set 8
1	Test Day	Total Number of Pushups: _____							
2	Max Reps								
3	Sporadic Push	Did I complete all my pushups? _____							
4	Rest Day								
5	Max Reps								
6	Max Reps								
7	Sporadic Push	Did I complete all my pushups? _____							
8	Rest Day								
9	Max Reps								
10	Sporadic Push	Did I complete all my pushups? _____							
11	Max Reps								
12	Rest								
13	Rest								
14	Retest Day	NEW Pushup Total: _____							

Final Words...

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This plan works! Make sure you stay dedicated to the plan and amazing results will follow for you as well.

I am really looking forward to hearing from you soon with your new pushup records and immense strength gains, all while transforming your body in the process.

Be sure to keep me posted!

Derek Delisle, PTS

Certified Trainer

Health Coach