30 Day Push Up Program

Monday, March 22, 2021 7:40 AM

30 Day Push Up Challenge

The goal of this program is to improve push up volume and increase strength.

If you have shoulder issues, please ensure you can do a push up pain free before taking on this

Challenge.

Before beginning the program, test your push-ups maximum using a foam roller or a pillow in

order to remain consistent with the depth and quality of each push up.

If you can do 20 push-ups comfortably from your knees with appropriate depth (modified push up), test your max from your toes (full push up).

If you cannot do 20 push-ups comfortably from your toes, you will test in the modified position.

Understanding the Program

2 1 2 1

Tempo is the timing of the eccentric, bottom, concentric and top of each movement.

For example, from the high plank position, as we lower towards the ground is the eccentric

portion of the movement. In the above example would be 2 seconds down with a 1 second hold

at the bottom, 2 seconds concentric which is returning to the top of the push up and 1 second

pause at the top. The number would look like this: 2121

If you see and X that means fast and a 0 means no pause at all.

If at any point in the program you are sore to a point of limited range of motion, rest for a day

and continue the program where you left off.

This program does not have to be completed in 30 days. Results may vary based on starting

ability level.

Modify where necessary

Day 1

Exercise: High plank

Sets: 3

Reps: As long as possible

Tempo: XXXX

Rest: 1 minute

Day 2

Exercise: Eccentric Push ups

Sets: 4

Reps: 5

Tempo: 511X (Go all the way to the ground and rest for 1 second every rep)

Rest: 1 minute between sets

Day 3

Exercise: Push-ups (Modified if needed)

Sets: 10

Reps: 5

Tempo: 2121

Rest: 30 seconds between each set

Day 4

Exercise: Marching or elevator plank

Sets: 4

Reps: 8 each side

Tempo: 1111

Rest: 30 seconds between each set

Day 5

Exercise: Push up (modified if needed)

Sets: 15

Reps: 3

Tempo: 3310

Rest: Every minute for 15 minutes

Day 6

Exercise: Wall Tricep Extensions

Sets: 4

Reps: 12-15

Tempo: 2121

Rest: 1 minute

Day 7

Exercise: Max Out

Sets: 3

Reps: As many reps as possible

Tempo: XXXX

Rest: 90 seconds between sets

Day 8

Exercise: High plank for 50% of the time of Day 1 and Hold at the bottom of a push up for as

long as possible (Chest is off the ground)

Sets: 3

Reps: As long as possible

Tempo: XXXX

Rest: 1 minute

Day 9

Exercise: Eccentric Push Ups

Sets: 5

Reps: 5

Tempo: 521X

Rest: 45

Day 10

Exercise: Push Up +1

Sets: 10

Reps: 6

Tempo: 2121

Rest: 45 seconds

Day 11

Exercise: Marching plank + 1 push up

Sets: 5

Reps: 6

Tempo: 1111

Rest: 45 seconds

Day 12

Exercise: Push up

Sets: 20

Reps: 4

Tempo: XXXX

Rest: Every minute for 20 minutes

Day 13

Exercise: Wall Tricep Extensions

Sets: 4

Reps: 15-20

Tempo: 2121

Rest: 45 Seconds

Day 14

Exercise: Max Out

Sets: 3

Reps: As many reps as possible

Tempo: XXXX

Rest: 1 minute

Day 15

Exercise: Bottom of push up position (Track time)

Sets: 3

Reps: As long as possible

Tempo:

Rest: 1 minute

Day 16

Exercise: Eccentric Push Ups

Sets: 5

Reps: 5

Tempo: 5321

Rest: 45 seconds

Day 17

Exercise: Push up +1

Sets: 10

Reps: 8

Tempo: 2121

Rest: 45 seconds

Day 18

Exercise: Marching plank + 2 push ups

Sets: 6

Reps: 6

Tempo: 1111

Rest: 45 seconds

Day 19

Exercise: Hand Release Push ups

Sets: 20

Reps: 6

Tempo: XXXX

Rest: Every minute for 20 minutes

Day 20

Exercise: Wall Triceps Extension

Sets: 4

Reps: 20

Tempo: 2121

Rest: 30 seconds

Day 21

Exercise: Max out

Sets: 3

Reps: As many reps as possible

Tempo: XXXX

Rest: 90 seconds

Day 22

Exercise: Hold at the bottom of a push up position (Track time)

Sets: 4

Reps: As long as possible

Tempo: XXXX

Rest: 1 minute

Day 23

Exercise: Eccentric Push Up

Sets: 5

Reps: 5

Tempo: 5331

Rest: 45 seconds

Day 24

Exercise: Push up with rotation

Sets: 10

Reps: 5 each side

Tempo: 2121

Rest: 1 minute

Day 25

Exercise: Marching Plank + 3 push ups

Sets: 3

Reps: As long as possible

Tempo: XXXX

Rest: 1 minute

Day 26

Exercise: Push ups

Sets: 20

Reps: 8

Tempo: XXXX

Rest: Every minute for 20 minutes

Day 27

Exercise: Tricep Extensions

Sets: 5

Reps: 25

Tempo: 2121

Rest: 45 seconds

Day 28

Exercise: Concentric Push ups

Sets: 5

Reps: 6

Tempo: 2151

Rest: 45 seconds

Day 29

Exercise: Marching Plank

Sets: 5

Reps: 40/30

Tempo: XXXX

Rest: 1 minute

Notes:

20 seconds fast/10 seconds slow/10 second hold

Day 30

Exercise: Max Out

Sets: 3

Reps: As many reps as possible

Tempo: XXXX

Rest: 90 seconds