



# Push-Up Progress Challenge



## CHALLENGE DESCRIPTION:

Welcome to the “Push-Up Progress Challenge” – your month-long challenge to building strength, endurance, and confidence through push-ups. Push-ups are a classic bodyweight exercise that can be done anywhere.

## WHY PUSH-UPS?

Push-ups are a compound exercise that targets different muscle groups in your upper body, such as the chest and core. Therefore, one of the greatest benefits of push-ups is improved upper body strength. In fact, push-ups have been shown to activate the same muscles as **doing a bench press**. They come in various forms to suit different fitness levels and goals, including three popular variations.

### Wall Push-Ups

Wall push-ups are the perfect starting point for beginners or those with limited upper body strength. They are also a great option for individuals looking to reduce strain on their wrists or back. This variation is less intense as it reduces the load caused by gravity, making it easier to perform while still targeting the same muscle groups as a regular push-up. To perform a wall push-up:

1. Stand facing a wall at arm's length and place your hands on the wall at shoulder height and width.
2. Keep your feet flat on the ground, bend your elbows and lean your body towards the wall while keeping your back straight.
3. Push back to the starting position and repeat.

### Knee Push-Ups

Knee push-ups are a fantastic way to transition from wall push-ups to more challenging variations. They are performed on the ground with the knees touching the floor, reducing the weight load on the upper body. This variation engages the same upper body muscles as a regular push-up but with reduced intensity, making it suitable for those building up their strength. To perform a knee push-up:

1. Start in a high plank position with your hands shoulder-width apart, then lower your knees to the ground.
2. Keep your back straight and lower your chest towards the floor by bending your elbows.
3. Push back up to the starting position.

# PUSH-UP PROGRESS

## Regular Push-Ups

Regular push-ups are the standard form of this exercise and involve a full range of motion to challenge the upper body, core, and lower body stabilizers. This full-body exercise not only strengthens the chest, shoulders, and triceps but also engages the core and lower body muscles for stability. To perform a regular push-up:

1. Begin in a plank position with your hands slightly wider than shoulder-width apart.
2. Your body should form a straight line from your head to your heels. Lower your body by bending your elbows until your chest nearly touches the floor.
3. Then, push back up to the starting position.

Remember to focus on the proper form to maximize the benefits and minimize the risk of injury.

## THE CHALLENGE

The Push-Up Progress Challenge is designed to increase your strength over one month! Each week you will be increasing the quantity of push-ups or number of sets. You can complete the push-ups in any of the three forms. As you build up endurance, challenge yourself to work towards normal push-ups.

### Week 1: 5 push-ups, 3x per day



Focus on form, not quantity.

Sets do not need to be performed back-to-back.

If you're struggling, drop down to knee or wall push-ups – it's important to maintain good form!

### Week 2: 10 push-ups, 3x per day



Aim to complete your sets back-to-back or with less time in between.

If you did wall or knee push-ups last week, aim to challenge yourself with at least one set of regular push-ups.

# PUSH-UP PROGRESS

## Week 3: 10 push-ups, 4x per day



By now you should be feeling stronger in your routine. In addition to the increased number of sets, look for other ways to challenge yourself further. This might include decreased rest time between sets or more regular push-ups (if you are still completing wall or knee push-ups).

## Week 4: 4 sets of as many push-ups as you can complete



You're in the final week! Aim to challenge yourself as much as possible. If normal push-ups are feeling easy, try wide-stance or triceps push-ups to target other muscles. Set a minimum and look to see how many extra push-ups you can complete each day. Celebrate your progress!

## CHALLENGE COMPLETE!

Remember, the key to success is consistency and proper form. Listen to your body, and if you need a rest day, take it. One of the best ways to improve your push-ups is through building your upper body strength through other exercises such as strength training and core work.



# Congratulations on completing the **Push-Up Progress** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

