

# TRAINING FOR THE CHALLENGE



## PREPARE

DO YOU WANT TO KNOW **HOW**  
YOU CAN **PREPARE** YOUR **BODY**  
FOR THE **CHALLENGE**?

There are many online sources for building up your push-up capability. We recommend you use whichever one that appeals to you most. If you don't have one you can use one of our 5 week programs. They will build up the number of continuous push-ups you can perform.

Before starting, consider your fitness levels, and consult with a qualified professional if you experience pain during exercise.

## STEP 1

Choose your favourite push-up style. Popular options are wall, incline, knee and classic push-ups.

## STEP 2

Test how many you can currently comfortably do in one go without a break. Is it closer to 10 or 20?

## STEP 3

To prepare your body for the challenge it can help to build up the number you can complete in a single go. 5 week programs have been provided based on your current maximum number of repetitions. Start at week 1 even if you don't have 5 weeks.

### Current (Comfortable) Repetitions **10**

#### Program To Build Up To **25**

Complete 35 pushups 3 times per day, 3 times per week. The 35 push-ups are broken up into smaller increments as outlined in the table below. Have 1-2 minutes break between each one.

#### EXAMPLE SESSION

##### TRAINING DAYS OF MONDAY, WEDNESDAY AND FRIDAY.

For the **Monday** morning session of the first week complete 10 push-ups followed by 2 minutes break, then 10 push-ups with 2 minutes break, 8 push-ups with 2 minutes break, and 7 push-ups with 2 minutes break. If you cannot complete the suggested number before exhaustion, save yourself and add another round so you get to **35 total push-ups**.

35 PUSH-UPS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MORNING	10,10,8,7	13,12,5,5	15,10,10	20,10,5	22,8,5
MIDDAY	10,10,10,5	13,12,10	17,10,8	20,15	22,13
EVENING	10,10,10,5	13,12,10	17,10,8	20,15	22,13

### Current (Comfortable) Repetitions **20**

#### Program To Build Up To **50**

Complete 70 pushups 3 times per day, 3 times per week. The 70 push-ups are broken up into smaller increments as outlined in the table below. Have 1-2 minutes break between each one.

#### EXAMPLE SESSION

##### TRAINING DAYS OF MONDAY, WEDNESDAY AND FRIDAY.

For the **Monday** morning session of the first week complete 20 push-ups followed by 2 minutes break, then 20 push-ups with 2 minutes break, 15 push-ups with 2 minutes break, and 15 push-ups with 2 minutes break. If you cannot complete the suggested number before exhaustion, save yourself and add another round so you get to **70 total push-ups**.

70 PUSH-UPS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MORNING	20,20,15,15	25,25,10,10	30,20,20	40,20,10	45,15,10
MIDDAY	20,20,20,10	25,25,20	35,20,15	40,30	45,25
EVENING	20,20,20,10	25,25,20	30,25,15	40,30	45,20