

The



100



Pushup Challenge



The 100 Pushup Challenge

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The 100 Pushup Challenge

Introduction to the Program

Before you start the 100 Pushup Challenge, you should:

- Obtain medical advice and clearance from your doctor
- Skim through the rest of this manual so you understand the overall plan
- Discover your baseline.

Your Goal

Your goal is to be able to do 100 good-form pushups without stopping. This will put you in a very small percentage of the population. But if you stick with the program, it's perfectly achievable. And as a bonus, your upper body will look strong and muscular.

Good-Form Pushups

To execute a good-form pushup, start with your legs stretched out behind you, and your body supported on your arms. Your arms should be straight and at shoulder width. Your body should form a straight line from the back of your head down to your heels.

To execute the pushup, lower your body by bending your elbows until your nose almost touches the ground. Then return to the starting position. Your body must remain straight during the entire movement. As soon as you either have to bend your body or can no longer go down until your nose almost touches the ground, it stops being a good-form pushup.

Your Baseline

This is simply the number of good-form pushups that you can do without stopping.

It governs which week of the six-week plan that you start with and which level within a week that you work through.

In essence, it highlights your current fitness level and determines where to start and how to plan your pushups training program.

To perform the test, simply execute as many good-form pushups as you can. Above all, don't cheat! Stop as soon as you can't perform another good-form pushup. If you over estimate your baseline, you are setting yourself up for failure further down the track.

Record your Baseline Pushups here:

Number of Pushups	
-------------------	--

You'll be working out 3 times a week, with a rest day between each workout. Decide now which 3 days they're going to be. For example, Monday, Wednesday and Friday or Sunday, Tuesday and Thursday.

We suggest you print out the page for the week you're doing next. Then write down the number of pushups you do in the actual column. Keep the page where you can see it and use it for motivation.

The 100 Pushup Challenge

Introduction to Week 1

You've completed your initial test and you are ready to start the program.

If you managed 20 or fewer pushups, start at Week 1.

If you managed more than 20 pushups, you can start at Week 3. This is not compulsory, however. Not having the gradual build-up can make the process more difficult. If you start at Week 3 and then find it difficult to proceed, just drop back to Week 1 and work through the whole program.

Which Week 1 column you follow depends on how many good-form baseline pushups you were able to do.

- If you managed 5 or fewer pushups in the test, use column 1
- If you completed between 6 and 10 pushups, use column 2
- If you completed between 11 and 20 consecutive good-form pushups, congratulations. Go straight to column 3
- If you did more than 20 pushups, either stick with column 3 and work through the whole program or, if you think you're up for it, go directly to [Introduction to Week 3](#) on page 11. and choose the appropriate column based on your baseline pushups.

For example, if you'd done 8 baseline pushups, you would use column 2. Which means that you would do

- 6 good form pushups followed by 60 seconds rest
- 6 good form pushups followed by 60 seconds rest
- 4 good form pushups followed by 60 seconds rest
- 4 good form pushups followed by 60 seconds rest
- 5 or more good form pushups.

Note that the last set is 5 **or more**. If you can barely manage the last set, it indicates that you're struggling and may run into major difficulties further down the track. In addition, when you can barely do something, your mind may find reasons not to continue.

If this happens, go back one column for the next session. You'll look forward to it, because in your mind you'll know it's easy. Then in the next session, tackle the harder column again. Repeat if necessary until you breeze through it. There's great satisfaction in seeing a goal of 5+ and knocking over 7 or 8 or more. It's real progress!

Always allow the designated number of seconds rest between each set. If you need more, you're not ready to move on yet.

And always allow a day's rest between each session, because that's when your muscles are growing and getting stronger.

The 100 Pushup Challenge

WEEK 1 PROGRAM

DAY 1 - Rest for 60 seconds between each set.

	Baseline Pushups					
	<5		6 - 10		11 - 20	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	2		6		10	
SET 2	3		6		12	
SET 3	2		4		7	
SET 4	2		4		7	
SET 5	3+		5+		9+	

DAY 2 - Rest for 60 seconds between each set.

	Baseline Pushups					
	<5		6 - 10		11 - 20	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	3		6		10	
SET 2	4		8		12	
SET 3	2		6		8	
SET 4	3		6		8	
SET 5	4+		7+		12+	

DAY 3 - Rest for 60 seconds between each set.

	Baseline Pushups					
	<5		6 - 10		11 - 20	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	4		8		11	
SET 2	5		10		15	
SET 3	4		7		9	
SET 4	4		7		9	
SET 5	5+		10+		13+	

The 100 Pushup Challenge

Conclusion to Week 1

Congratulations! You've made it through Week 1 and are ready to move on to Week 2.

However, if you feel that you struggled to get through Week 1, don't hesitate to repeat it. You'll be surprised at how much stronger you are already. You should sail through Week 1 on the second attempt and be fired up and raring to go with Week 2.

Remember that everyone progresses at their own pace.

The 100 Pushup Challenge

Introduction to Week 2

Which Week 2 column you follow depends on how many good-form baseline pushups you were able to do.

- If you managed 5 or fewer pushups in the test, use column 1
- If you completed between 6 and 10 pushups, use column 2
- If you completed between 11 and 20 consecutive good-form pushups, congratulations. Go straight to column 3

For example, if you'd done 16 baseline pushups, you would use column 3. Which means that you would do

- 14 good form pushups followed by 60 seconds rest
- 14 good form pushups followed by 60 seconds rest
- 10 good form pushups followed by 60 seconds rest
- 10 good form pushups followed by 60 seconds rest
- 15 or more good form pushups.

Note that the last set is 15 **or more**. If you can barely manage the last set, it indicates that you're struggling and may run into major difficulties further down the track. In addition, when you can barely do something, your mind may find reasons not to continue.

If this happens, go back one column for the next session (or back one week if you're in Column 1). You'll look forward to it, because in your mind you'll know it's easy. Then in the next session, tackle the harder column again. Repeat if necessary until you breeze through it. There's great satisfaction in seeing a goal of 15+ and knocking over 17 or 18 or more. It's real progress!

Always allow the designated number of seconds rest between each set. If you need more, you're not ready to move on yet.

And always allow a day's rest between each session, because that's when your muscles are growing and getting stronger.

The 100 Pushup Challenge

WEEK 2 PROGRAM

DAY 1 - Rest for 60 seconds between each set.

	Baseline Pushups					
	<5		6 - 10		11 - 20	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	4		9		14	
SET 2	6		11		14	
SET 3	4		8		10	
SET 4	4		8		10	
SET 5	6+		11+		15+	

DAY 2 - Rest for 90 seconds between each set.

	Baseline Pushups					
	<5		6 - 10		11 - 20	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	5		10		14	
SET 2	6		12		16	
SET 3	4		9		12	
SET 4	4		9		12	
SET 5	7+		13+		17+	

DAY 3 - Rest for 120 seconds between each set.

	Baseline Pushups					
	<5		6 - 10		11 - 20	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	5		12		16	
SET 2	7		13		17	
SET 3	5		10		14	
SET 4	5		10		14	
SET 5	8+		15+		20+	

The 100 Pushup Challenge

Conclusion to Week 2

Congratulations! You've made it through Week 2 and are ready to recalculate your Baseline Pushups and then move on to Week 3.

However, if you feel that you struggled to get through Week 2, don't hesitate to repeat it. You'll be surprised at how much stronger you are already. You should sail through Week 2 on the second attempt and be fired up and raring to go with Week 3.

Remember that everyone progresses at their own pace.

It's now time to recalculate your Baseline Pushups. This will determine which column of Week 3 you use. Perform as many good-form pushups as you can comfortably manage before you physically can't do another rep. Stress your system by all means, but don't go beyond what you can do comfortably. 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.

Record your new Baseline Pushups here:

Number of Pushups	
-------------------	--

The 100 Pushup Challenge

Introduction to Week 3

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

Which Week 3 column you follow depends on how many good-form baseline pushups you were able to do.

- If you managed 16-20 pushups in the latest test, use column 1
- If you completed between 21 and 25 pushups, use column 2
- If you completed more than 25 consecutive good-form pushups, congratulations. Go straight to column 3

For example, if you'd done 24 baseline pushups, you would use column 2. Which means that you would do

- 12 good form pushups followed by 60 seconds rest
- 17 good form pushups followed by 60 seconds rest
- 13 good form pushups followed by 60 seconds rest
- 13 good form pushups followed by 60 seconds rest
- 17 or more good form pushups.

Note that the last set is 17 **or more**. If you can barely manage the last set, it indicates that you're struggling and may run into major difficulties further down the track. In addition, when you can barely do something, your mind may find reasons not to continue.

If this happens, go back one column for the next session (or back one week if you're in Column 1). You'll look forward to it, because in your mind you'll know it's easy. Then in the next session, tackle the harder column again. Repeat if necessary until you breeze through it. There's great satisfaction in seeing a goal of 17+ and knocking over 19 or 20 or more. It's real progress!

Always allow the designated number of seconds rest between each set. If you need more, you're not ready to move on yet.

And always allow a day's rest between each session, because that's when your muscles are growing and getting stronger.

If you're struggling with the program, don't lose heart. Just repeat the week you struggled with until you're strong enough to move on to the next level. It will be worth your while!

Having said that, we must recognize that Week 3 is HARD. If you're doing column 3 for instance, you are going from a total of 80 pushups on Day 1 to 100 on Day 2 to 120 on Day 3. The increase in rest time between each set also increases with each day and this will help.

But just remember, as soon as you find yourself struggling, just go back a column for your next day and then repeat the column you struggled with the day after.

The Challenge is to get there... eventually.

The 100 Pushup Challenge

WEEK 3 PROGRAM

DAY 1 - Rest for 60 seconds between each set.

	Baseline Pushups					
	16 – 20		21 – 25		>25	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	10		12		14	
SET 2	12		17		18	
SET 3	7		13		14	
SET 4	7		13		14	
SET 5	9+		17+		20+	

DAY 2 - Rest for 90 seconds between each set.

	Baseline Pushups					
	16 – 20		21 – 25		>25	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	10		14		20	
SET 2	12		19		25	
SET 3	8		14		15	
SET 4	8		14		15	
SET 5	12+		19+		25+	

DAY 3 - Rest for 120 seconds between each set.

	Baseline Pushups					
	16 - 20		21 – 25		>25	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	11		16		22	
SET 2	13		21		30	
SET 3	9		15		20	
SET 4	9		15		20	
SET 5	13+		21+		28+	

The 100 Pushup Challenge

Conclusion to Week 3

Congratulations! You've made it through Week 3 and are ready to move on to Week 4.

However, if you feel that you struggled to get through Week 3, don't hesitate to repeat it. You'll be surprised at how much stronger you are already. You should sail through Week 3 on the second attempt and be fired up and raring to go with Week 4.

Remember that everyone progresses at their own pace.

You're halfway through the program and well on your way to performing one hundred consecutive pushups.

Let's continue with the program.

The 100 Pushup Challenge

Introduction to Week 4

Which Week 4 column you follow depends on how many good-form baseline pushups you were able to do at the end of Week 2.

- If you managed 16-20 pushups in the test, use column 1
- If you completed between 21 and 25 pushups, use column 2
- If you completed more than 25 consecutive good-form pushups, congratulations. Go straight to column 3

For example, if you'd done 19 baseline pushups, you would use column 1. Which means that you would do

- 12 good form pushups followed by 60 seconds rest
- 14 good form pushups followed by 60 seconds rest
- 11 good form pushups followed by 60 seconds rest
- 11 good form pushups followed by 60 seconds rest
- 16 or more good form pushups.

Note that the last set is 16 **or more**. If you can barely manage the last set, it indicates that you're struggling and may run into major difficulties further down the track. In addition, when you can barely do something, your mind may find reasons not to continue.

If this happens, go back one column for the next session (or back one week if you're in Column 1). You'll look forward to it, because in your mind you'll know it's easy. Then in the next session, tackle the harder column again. Repeat if necessary until you breeze through it. There's great satisfaction in seeing a goal of 16+ and knocking over 18 or 19 or more. It's real progress!

Always allow the designated number of seconds rest between each set. If you need more, you're not ready to move on yet.

And always allow a day's rest between each session, because that's when your muscles are growing and getting stronger.

The 100 Pushup Challenge

WEEK 4 PROGRAM

DAY 1 - Rest for 60 seconds between each set.

	Baseline Pushups					
	16 – 20		21 – 25		>25	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	12		18		21	
SET 2	14		22		25	
SET 3	11		16		21	
SET 4	11		16		21	
SET 5	16+		25+		32+	

DAY 2 - Rest for 90 seconds between each set.

	Baseline Pushups					
	16 – 20		21 – 25		>25	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	14		20		25	
SET 2	16		25		29	
SET 3	12		20		25	
SET 4	12		20		25	
SET 5	18+		28+		36+	

DAY 3 - Rest for 120 seconds between each set.

	Baseline Pushups					
	16 - 20		21 – 25		>25	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	16		23		29	
SET 2	18		28		33	
SET 3	13		23		29	
SET 4	13		23		29	
SET 5	20+		33+		40+	

The 100 Pushup Challenge

Conclusion to Week 4

Congratulations! You've made it through Week 4 and are ready to recalculate your Baseline Pushups and then move on to Week 5.

However, if you feel that you struggled to get through Week 4, don't hesitate to repeat it. You'll be surprised at how much stronger you are already. You should sail through Week 4 on the second attempt and be fired up and raring to go with Week 5.

Remember that everyone progresses at their own pace.

It's now time to recalculate your Baseline Pushups. This will determine which column of Week 5 you use. Perform as many good-form pushups as you can comfortably manage before you physically can't do another rep. Stress your system by all means, but don't go beyond what you can do comfortably. The number of pushups you complete will determine which level of the program you'll start in Week 5. Perform this test within a couple of days of completing Week 4.

Record your new Baseline Pushups here:

Number of Pushups	
-------------------	--

The 100 Pushup Challenge

Introduction to Week 5

Which Week 5 column you follow depends on how many good-form baseline pushups you were able to do.

- If you managed 31-35 pushups in the latest test, use column 1
- If you completed between 36 and 40 pushups, use column 2
- If you completed more than 40 consecutive good-form pushups, congratulations. Go straight to column 3

For example, if you'd done 45 baseline pushups, you would use column 3. Which means that you would do

- 36 good form pushups followed by 60 seconds rest
- 40 good form pushups followed by 60 seconds rest
- 30 good form pushups followed by 60 seconds rest
- 24 good form pushups followed by 60 seconds rest
- 40 or more good form pushups.

Note that the last set is 40 **or more**. If you can barely manage the last set, it indicates that you're struggling and may run into major difficulties further down the track. In addition, when you can barely do something, your mind may find reasons not to continue.

If this happens, go back one column for the next session (or back one week if you're in Column 1). You'll look forward to it, because in your mind you'll know it's easy. Then in the next session, tackle the harder column again. Repeat if necessary until you breeze through it. There's great satisfaction in seeing a goal of 40+ and knocking over 44 or 45 or more. It's real progress!

Always allow the designated number of seconds rest between each set. If you need more, you're not ready to move on yet.

And always allow a day's rest between each session, because that's when your muscles are growing and getting stronger.

If you're struggling with the program, don't lose heart. Just repeat the week you struggled with until you're strong enough to move on to the next level. It will be worth your while!

Having said that, we must recognize that Week 5 is HARD. If you're doing column 3 for instance, you are going from a total of 170 pushups on Day 1 to 185 on Day 2 to 200 on Day 3 and with less rest time between each set than in previous weeks.

But just remember, as soon as you find yourself struggling, just go back a column for your next day and then repeat the column you struggled with the day after.

The Challenge is to get there... eventually.

The 100 Pushup Challenge

WEEK 5 PROGRAM

DAY 1 - Rest for 60 seconds between each set.

	Baseline Pushups					
	31 – 35		36 – 40		>40	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	17		28		36	
SET 2	19		35		40	
SET 3	15		25		30	
SET 4	15		22		24	
SET 5	20+		35+		40+	

DAY 2 - Rest for 45 seconds between each set.

	Baseline Pushups					
	31 – 35		36 – 40		>40	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	10		18		19	
SET 2	10		18		19	
SET 3	13		20		22	
SET 4	13		20		22	
SET 5	10		14		18	
SET 6	10		14		18	
SET 7	9		16		22	
SET 8	25+		40+		45+	

DAY 3 - Rest for 45 seconds between each set.

	Baseline Pushups					
	31 – 35		36 – 40		>40	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	13		18		20	
SET 2	13		18		20	
SET 3	15		20		24	
SET 4	15		20		24	
SET 5	12		17		20	
SET 6	12		17		20	
SET 7	10		20		22	
SET 8	30+		45+		50+	

The 100 Pushup Challenge

Conclusion to Week 5

Surprise, surprise, it's time for another exhaustion test. 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 5 was a tough one, and if you've made it this far, you're getting close to reaching your goal. You now need to recalculate your Baseline Pushups and either move on to the final week or, if necessary, repeat Week 5. To move on to Week 6, you need to be able to do at least 46 consecutive good form pushups.

But as we've said so many times, everyone progresses at their own pace. Repeat the week if necessary.

It's now time to recalculate your Baseline Pushups. This will determine which column of Week 6 you use. Perform as many good-form pushups as you can comfortably manage before you physically can't do another rep. Stress your system by all means, but don't go beyond what you can do comfortably. The number of pushups you complete will determine which level of the program you'll start in Week 6. Perform this test within a couple of days of completing Week 5.

Record your new Baseline Pushups here:

Number of Pushups	
-------------------	--

The 100 Pushup Challenge

Introduction to Week 6

Which Week 6 column you follow depends on how many good-form baseline pushups you were able to do.

- If you managed 46-50 pushups in the latest test, use column 1
- If you completed between 51 and 60 pushups, use column 2
- If you completed more than 60 consecutive good-form pushups, congratulations. Go straight to column 3

For example, if you'd done 53 baseline pushups, you would use column 2. Which means that you would do

- 40 good form pushups followed by 60 seconds rest
- 50 good form pushups followed by 60 seconds rest
- 25 good form pushups followed by 60 seconds rest
- 25 good form pushups followed by 60 seconds rest
- 50 or more good form pushups.

Note that the last set is 50 **or more**. If you can barely manage the last set, it indicates that you're struggling and may run into major difficulties further down the track. In addition, when you can barely do something, your mind may find reasons not to continue.

If this happens, go back one column for the next session (or back one week if you're in Column 1). You'll look forward to it, because in your mind you'll know it's easy. Then in the next session, tackle the harder column again. Repeat if necessary until you breeze through it. There's great satisfaction in seeing a goal of 50+ and knocking over 55 or 60 or more. It's real progress!

Always allow the designated number of seconds rest between each set. If you need more, you're not ready to move on yet.

And always allow a day's rest between each session, because that's when your muscles are growing and getting stronger.

If you're struggling with the program, don't lose heart. Just repeat the week you struggled with until you're strong enough to move on to the next level. It will be worth your while!

Having said that, we must recognize that if you thought Week 5 was hard, Week 6 is a killer. If you're doing column 3 for instance, you are going from a total of 220 pushups on Day 1 to 246 on Day 2 to 274 on Day 3 and with minimal rest time between each set.

But just remember, as soon as you find yourself struggling, just go back a column for your next day and then repeat the column you struggled with two days later.

The Challenge is to get there... eventually.

The 100 Pushup Challenge

WEEK 6 PROGRAM

DAY 1 - Rest for 60 seconds between each set.

	Baseline Pushups					
	46- 50		51 – 60		>60	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	25		40		45	
SET 2	30		50		55	
SET 3	20		25		35	
SET 4	15		25		30	
SET 5	40+		50+		55+	

DAY 2 - Rest for 45 seconds between each set.

	Baseline Pushups					
	46 – 50		51 – 60		>60	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	14		20		22	
SET 2	14		20		22	
SET 3	15		23		30	
SET 4	15		23		30	
SET 5	14		20		24	
SET 6	14		20		24	
SET 7	10		18		18	
SET 8	10		18		18	
SET 9	44+		53+		58+	

DAY 3 - Rest for 45 seconds between each set.

	Baseline Pushups					
	46 – 50		51 – 60		>60	
	GOAL	ACTUAL	GOAL	ACTUAL	GOAL	ACTUAL
SET 1	13		22		26	
SET 2	13		22		26	
SET 3	17		30		33	
SET 4	17		30		33	
SET 5	16		25		26	
SET 6	16		25		26	
SET 7	14		18		22	
SET 8	14		18		22	
SET 9	50+		55+		60+	

The 100 Pushup Challenge

Conclusion to Week 6

Many people struggle with Week 6. It's a killer.

If you haven't made it yet, it's no problem. Just repeat it until you do. If you're really struggling, drop back a column, repeat until you can do it easily and then move back up a column.

If necessary, take an extra couple of days rest. That often helps.

Once you've made it through Week 6, you're ready for the final test.

The 100 Pushup Challenge

Final Test

This 6 week program is called “The 100 Pushup Challenge” because its goal is to develop your body to the stage where you can do 100 consecutive good form pushups.

If you're reading this page you should be very proud of your achievements and ready for the final test. 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 if you've worked in column 1 throughout, you should now be strong enough to perform one hundred consecutive pushups.

But if you've managed to complete the program in column 2 or column 3, you should be able to do well in excess of one hundred!

It's a good idea to have one or two rest days after completing Week 6 before performing the test. Eat well and drink only water. Don't perform any upper body exercises.

When you're ready to start, don't rush, concentrate on doing just 10 pushups at a time. Then you are doing just 10 sets of 10 each, which seems much more achievable. Breathe comfortably in and out with each pushup to keep your body oxygenated.

This is actually easier than Week 6, so you should have no worries.

Record your achievement here:

Number of Pushups	100
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The 100 Pushup Challenge

Pushup Variations

Once you've achieved your goal and can do 100 good-form pushups without stopping, you'll want to maintain that ability.

But how to do that?

One way (and this works for lots of people) is simply to do 100 (or more) consecutive pushups 3 times a week. Every week, week after week.

But for many people, this simply becomes too boring, and their mind finds an excuse to skip a day. And then another. And before you know it, this wonderful, new found ability is lost.

One solution is to fight the boredom by introducing variations. Simply substitute one of the following variations for your normal pushup day. Do as many as you can and note the number so that you can try to better it next time.

Dumbbell Pushups



Dumbbell pushups have two advantages:

- They work the muscles in a different way, combining a pull with a push
- They have two variables that you can work with. Like regular pushups, you can increase the number of repetitions but in addition, you can increase the weight of the dumbbells.

Important Tip:

Use hexagonal dumbbells, rather than round ones, to prevent the dumbbell that's still on the floor rolling when you lift the other one.

The 100 Pushup Challenge

How to Do a Dumbbell Pushup

Start off with a very light dumbbell until you work out what weight you can handle comfortably.

Lie on the floor in a regular pushup start position, except that instead of your hands being flat on the floor, they will each be grasping a dumbbell.

Perform the pushup. Down as far as you can go, then back up.

Balancing on your left arm, pull a dumbbell to your chest with your right arm. Return it to the start position.

Repeat the movement with the other arm.

That's one pushup. Do as many as you can.

Close Hand Pushups

With close hand pushups, you have your hands side by side with your thumbs touching. Your hands are in line with the center of your chest, rather than at shoulder width.

Close hand pushups are harder than regular pushups because your pectoral muscles are doing most of the work, with any a little help from your shoulder muscles.

Naturally, they are great for working your pecs.

Chinese Pushups

Chinese pushups are a variation of close hand pushups. You simply turn your hands inwards at 90° so that your fingertips are touching. These are again much harder than regular pushups.

Knuckle Pushups

Just like regular pushups, but done on your knuckles instead of the flats of your hands.

Knuckle pushups are not much harder than regular pushups but they toughen up the skin that protects your knuckles, making it less susceptible to damage if you're doing any sort of boxing type exercise.

Fingertip Pushups

As the name implies, done on your fingertips instead of the flats of your hands. Difficult, but helps to strengthen the tiny muscles in your hands.

Hand Clap Pushups

These add an aerobic workout to regular pushups and also develop the fast twitch shoulder muscles, improving your explosive power.

Perform a regular pushup as fast as you can, propelling your upper body into the air and clapping your hands together before returning them to the normal position in time to catch your fall.

This is a great exercise and one that you will improve rapidly with practice. Do them twice a week and record your progress.

And once again, congratulations on making it through the program. You should be proud of yourself!