



Week 1

So, you've completed your initial test and you're keen to start the program? Great!

- If you managed 5 or less pushups in the test, follow column 1.
- If you completed between 6 and 10 pushups, follow column 2.
- Between 11 and 20 consecutive pushups? Follow column 3.
- More than 20 pushups? We would suggest starting the program on **Week 3**. Choose either Column 2 or 3 based on the number of pushups you managed in your initial test.
- Pick the appropriate column depending on your initial test results.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 – 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	2	6	10
SET 2	3	6	12
SET 3	2	4	7
SET 4	2	4	7
SET 5	max (at least 3)	max (at least 5)	max (at least 9)
TOTAL			

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 – 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	3	6	10
SET 2	4	8	12
SET 3	2	6	8
SET 4	3	6	8
SET 5	max (at least 4)	max (at least 7)	max (at least 12)
TOTAL			



DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 – 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	4	8	11
SET 2	5	10	15
SET 3	4	7	9
SET 4	4	7	9
SET 5	max (at least 5)	max (at least 10)	max (at least 13)
TOTAL			

Importance of Rest Days

It's very important you include plenty of rest in between your training days. When you work a muscle, you do a little damage to it. It takes time for your body to repair it, while also making it slightly stronger. In other words, resting is when your muscles actually grow. Not allowing enough rest days, or weight training on consecutive days can result in overtraining and injuries. Make sure you allow one to two days of rest between your next weight training workout, eat nutrition food, hydrate and include eight to nine hours to sleep each night for maximum recovery and to build muscle.



Rest for 24-48 hours after any strength training