

POWER PUSH-UP PROTOCOL

30 DAYS TO A BETTER PUSH-UP

WELCOME!

Over the next 30 days you will be working on improving your push ups. Move through each day with intention and look at this time as an opportunity to practice and build a skill, the push up. By showing up to practice a little each day you will gain strength and find yourself 1000 pushups stronger.

The Power Pushup Protocol is meant to be used as a skill building program which can be done in conjunction with other training programs. Each day you'll complete the specified number of push ups to the best of your ability. These push ups can be all done at once or split up throughout the day.

We've provided you with videos to help show and improve technique, suggestions on how to modify and split up your daily numbers, and how to progress the push-ups with other variations.

Remember, we are working on showing up each day and practicing our push-ups. Think of this as skill building versus an exercise.

Already feel like you have a solid push-up? Great, now let's build a more powerful push-up by neurologically wiring this movement pattern into you by showing up daily and getting more reps in. Consider doubling your numbers if you'd like but be sure to spread them out throughout the day to prevent overuse injuries.

Make sure to track your progress and take videos so you can (1) watch yourself improve over the next 30 days, and (2) so you can see what your form really looks like. Plus, then you can also share them with us on social media!

Good luck and let us know if you need anything!

POWER PUSHUP PROTOCOL

1000 PUSHUPS IN 30 DAYS

Track your progress. On day one, see how many push-ups you can complete with GOOD form in a row and make a note. Test your self at least once a week and record your progress. Consider videoing so you can see yourself and make corrections if needed.

1 15 pushups ____#	2 20 pushups	3 20 pushups	4 25 pushups	5 25 pushups	6 30 pushups	7 30 pushups	WEEKLY TOTAL 165 185 270 270 110
8 20 pushups ____#	9 20 pushups	10 25 pushups	11 25 pushups	12 30 pushups	13 30 pushups	14 35 pushups	
15 30 pushups ____#	16 30 pushups	17 35 pushups	18 40 pushups	19 40 pushups	20 45 pushups	21 50 pushups	
22 25 pushups ____#	23 30 pushups	24 30 pushups	25 35 pushups	26 40 pushups	27 50 pushups	28 60 pushups	
29 50 pushups	30 60 pushups ____#						

REMEMBER:

1. Position hands around shoulder with apart with fingers pointed forward
2. Screw hands into the ground
3. Keep good head control (eyes up)
4. Pull yourself back down to the ground slowly
5. Split up reps if needed

TOTAL: 1000

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