



100 Pushups Challenge

Initial Test

The initial test will highlight your current fitness level and determine where to start and how to plan your pushups training program. You have the option to pick the type of pushups you will focus on throughout your training. This means, you can pick wall, modified, standard, or any advanced pushup option you want to work on regardless of the rating chart. You can always repeat the program moving to more advanced pushups to continuously challenge and improve your strength.

RATINGS FOR MEN (STANDARD PUSHUP), BASED ON AGE					
AGE	20 – 29	30 – 39	40 -49	50 – 59	60 +
RANK *	number of pushups performed				
1	< 20	< 15	< 12	< 8	< 5
2	20 – 34	15 – 23	12 – 19	8 – 14	5 – 9
3	35 – 44	24 – 34	20 – 29	15 – 24	10 – 19
4	45 – 54	35 – 44	30 – 39	25 – 34	20 – 29
5	> 54	> 44	> 39	> 34	> 29

Guidelines published by the American College of Sports Medicine (ACSM)

RATINGS FOR WOMEN (MODIFIED PUSHUP), BASED ON AGE					
AGE	20 – 29	30 – 39	40 -49	50 – 59	60 +
RANK *	number of pushups performed				
1	< 6	< 4	< 3	< 2	< 1
2	6 – 16	4 – 11	3 – 7	2 – 5	1 – 2
3	17 – 33	12 – 24	8 – 19	6 – 14	3 – 4
4	34 – 48	25 – 39	20 – 34	15 – 29	5 – 19
5	> 48	> 39	> 34	> 29	> 19

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To perform the test, warm up for a few minutes and then simply execute as many good-form pushups as you can. Don't cut corners and please don't cheat - the last thing you want to do is end up in the wrong level of the training program! The results may be humbling, but honesty is the best policy if you want to maximize your strength gains!

If you do the test correctly, **you will be absolutely exhausted.** During the test you count only the pushups during which you managed to straighten your arms completely. You also don't





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count the last pushup which you didn't do completely. Be careful – overworking your body can lead to injury and will interrupt your training.

Before starting Week 1, take a couple of days to familiarize yourself with the program and recover from the exertion of the initial test. Give yourself a few minutes to warm up before beginning the daily challenge. You'll be required to work out three times per week, for example - Monday, Wednesday and Friday.

Don't forget how many pushups you performed in the test, so you can move on to week 1 of the challenge.

