



Week 2

It's time to start Week 2. Continue by following the same column of exercises as you did in Week 1. Don't cut any corners, but feel free to rest more between each level if you need to. It's also important to be well hydrated and do a proper warm up before you start each workout.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	0 - 5	6 - 10 pushups	11 - 20 pushups
SET 1	4	9	14
SET 2	6	11	14
SET 3	4	8	10
SET 4	4	8	10
SET 5	max (at least 6)	max (at least 11)	max (at least 15)
TOTAL			

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	5	10	14
SET 2	6	12	16
SET 3	4	9	12
SET 4	4	9	12
SET 5	max (at least 7)	max (at least 13)	max (at least 17)
TOTAL			

DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 5 pushups	6 - 10 pushups	11 - 20 pushups
SET 1	5	12	16
SET 2	7	13	17
SET 3	5	10	14
SET 4	5	10	14
SET 5	max (at least 8)	max (at least 15)	max (at least 20)
TOTAL			



Don't forget, after you've completed Week 2, it's time to take an exhaustion test. Perform as many pushups as you can manage before you physically can't do one more with good form. Make a note of how many pushups you complete and give yourself at least two days to recover before beginning Week 3.

Proper Full-Body Warm-Up

Get your heart pumping and arm muscles warmed up by doing a simple warm up before you begin your pushup challenge for the day. This can include jumping jacks, running or walking in place, and arm circles to name a few.

After warming up, stretch the triceps and chest and shoulders.

- **Triceps / Shoulders Stretch:** Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean into the pull to also stretch your back/oblique muscles. Switch arms and repeat.
- **Chest / Shoulders Stretch:** Grab onto a bar or wall with one hand, turn and twist so you feel a stretch of the chest and shoulder connection. Pull your shoulders back and stick your chest out. Hold for 15 seconds. Switch arms and repeat.



Proper stretching avoids injury

At the end of Week 2 it will be time to check your strength and perform an exhaustion test. In simple terms, perform as many pushups as you can comfortably manage before you physically can't do another rep. The number of pushups you complete to exhaustion will determine which level of the program you'll start in Week 3.