



Week 3

You should be a little stronger than you were a couple of weeks ago and able to complete considerably more pushups than your initial test. Pick the appropriate column depending on your latest test results.

If you're struggling with the program, don't get discouraged. Some people will still be doing less than 16 consecutive pushups, but this is ok. 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!

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	10	12	14
SET 2	12	17	18
SET 3	7	13	14
SET 4	7	13	14
SET 5	max (at least 9)	max (at least 17)	max (at least 20)
TOTAL			

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	10	14	20
SET 2	12	19	25
SET 3	8	14	15
SET 4	8	14	15
SET 5	max (at least 12)	max (at least 19)	max (at least 25)
TOTAL			



DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	11	16	22
SET 2	13	21	30
SET 3	9	15	20
SET 4	9	15	20
SET 5	max (at least 13)	max (at least 21)	max (at least 28)
TOTAL			

Alternating Hand Positions

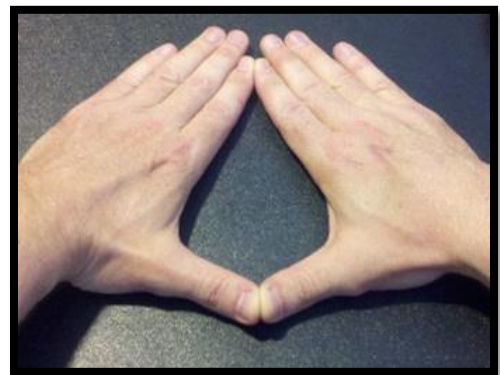
One of the many benefits of pushups is that you can change the feel and emphasis of the exercise simply by adjusting the position of your hands. Although wide-hand and close-hand pushups are very similar to the standard shoulder width pushup, they target different muscles.

To do a wide-hand position pushup, place your hands wider than your shoulder. This position targets your chest, triceps and front shoulder muscles.

Tip for wide pushups: pointing your fingers forward can put strain on your wrists. To alleviate that, point your fingers outward.

Move your hands below your chest and tuck your arms close to your sides to complete a close-hand position pushup. This position transfers most of the load to your triceps. For an extra challenge, position your hands under your chest so that your thumbs are touching and your forefingers are touching. They should be making a diamond shape.

Alternate between a standard-, wide- and close-grip pushup to strengthen all the muscles in your arms and chest.



Diamond pushup hand position