



Week 4

Keep up the great work - you're halfway through the program and well on your way to performing 100 consecutive pushups! Continue to follow the same column as the previous week.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	12	18	21
SET 2	14	22	25
SET 3	11	16	21
SET 4	10	16	21
SET 5	max (at least 16)	max (at least 25)	max (at least 32)

DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	14	20	25
SET 2	16	25	29
SET 3	12	20	25
SET 4	12	20	25
SET 5	max (at least 18)	max (at least 28)	max (at least 36)
TOTAL			

DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	16 -20 pushups	21 - 25 pushups	> 25 pushups
SET 1	16	23	29
SET 2	18	28	33
SET 3	13	23	29
SET 4	13	23	29
SET 5	max (at least 20)	max (at least 33)	max (at least 40)
TOTAL			



Don't forget, after you've completed Week 4, 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 5.

Staggering Sets

If you want more of a challenge, try doing staggered sets; resting one muscle group while completing a set of an exercise for another muscle group. For example, after you complete your first set of pushups, you would do a set of lunges or abdominal exercises before returning to your second set of pushups. Alternating between these sets will definitely get your heart racing and your muscles will be pushed to the max.



Try focusing on a different muscle group in between your pushup sets