



Week 5

Depending on the results of your latest test, continue with an appropriate week and column, even if it means you have to complete Week 3 or Week 4 again. Pick the appropriate column depending on your last exhaustion test.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	31 - 35 pushups	36 - 40 pushups	> 40 pushups
SET 1	17	28	36
SET 2	19	35	40
SET 3	15	25	30
SET 4	15	22	24
SET 5	max (at least 20)	max (at least 35)	max (at least 40)
TOTAL			

DAY 2			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	31 - 35 pushups	36 - 40 pushups	> 40 pushups
SET 1	10	18	19
SET 2	10	18	19
SET 3	13	20	22
SET 4	13	20	22
SET 5	10	14	18
SET 6	10	14	18
SET 7	9	16	22
SET 8	max (at least 25)	max (at least 40)	max (at least 45)
TOTAL			

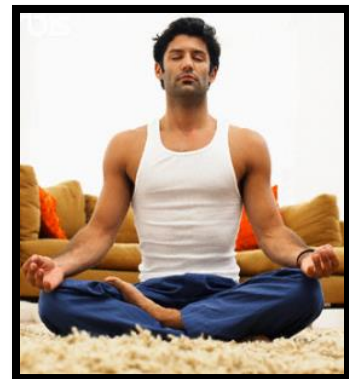


DAY 3			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	31 - 35 pushups	36 - 40 pushups	> 40 pushups
SET 1	13	18	20
SET 2	13	18	20
SET 3	15	20	24
SET 4	15	20	24
SET 5	12	17	20
SET 6	12	17	20
SET 7	10	20	22
SET 8	max (at least 30)	max (at least 45)	max (at least 50)
TOTAL			

You are almost there! It's time to complete one last exhaustion test before you complete the final test of strength. If you can perform more than 45 consecutive pushups, feel free to move along to Week 6. If not, just repeat the week and you should be ready.

Visualize Success

Can you see the finish line? Visualization can play an important part in maintaining a healthy lifestyle. Just by "day dreaming", you can significantly improve your chances in achieving your goals. Mental imagery impacts many cognitive processes in the brain: motor control, attention, perception, planning, and memory. So the brain is getting trained for actual performance during visualization. It's been found that mental practices can enhance motivation, increase confidence and self-efficacy, improve motor performance, prime your brain for success, and increase states of flow – all relevant to achieving your best life!



Visualize your success

Visualization is a great tool and it's as simple as visualizing your body as you want your body to look like. This means that if you program your subconscious with a mental image of yourself as a more muscular person, through persistence your mind will accept this and aid your body to conform to this mental image.



Practice Visualization

Begin by establishing a highly specific goal. Imagine the future; you have already achieved your goal. Hold a mental 'picture' of it as if it were occurring to you right at that moment. Imagine the scene in as much detail as possible. Engage as many of the five senses as you can in your visualization. Who are you with? Which emotions are you feeling right now? What are you wearing? Is there a smell in the air? What do you hear? What is your environment? Sit with a straight spine when you do this. Practice at night or in the morning (just before/after sleep). Eliminate any doubts, if they come to you. Repeat this practice often. Combine with meditation or an affirmation such as "I am strong" and you will be.