



100 Pushups Challenge

Week 6

Depending on the results of your latest test, continue with an appropriate week and column, even if it means you have to complete Week 5 again. Pick the appropriate column depending on your latest test results.

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	46 - 50 pushups	51 - 60 pushups	> 60 pushups
SET 1	25	40	45
SET 2	30	50	55
SET 3	20	25	35
SET 4	15	25	30
SET 5	max (at least 40)	max (at least 50)	max (at least 55)
TOTAL			

DAY 2			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	46 - 50 pushups	51 - 60 pushups	> 60 pushups
SET 1	14	20	22
SET 2	14	20	22
SET 3	15	23	30
SET 4	15	23	30
SET 5	14	20	24
SET 6	14	20	24
SET 7	10	18	18
SET 8	10	18	18
SET 9	max (at least 44)	max (at least 53)	max (at least 58)
TOTAL			

DAY 3			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	46 - 50 pushups	51 - 60 pushups	> 60 pushups
SET 1	13	22	26
SET 2	13	22	26
SET 3	17	30	33
SET 4	17	30	33
SET 5	16	25	26
SET 6	16	25	26
SET 7	14	18	22
SET 8	14	18	22
SET 9	max (at least 50)	max (at least 55)	max (at least 60)
TOTAL			





100 Pushups Challenge

Did you make it through Week 6? If you did; **congratulations** - you should be very proud of your achievements and ready for one final test. If you struggled with Week 6, just repeat the appropriate week and try again. Maybe an extra couple of days rest will benefit you?

Flex Those Muscles

Flexing is one of the top secrets of advanced and professional bodybuilders. While some may write off flexing as an exercise in vanity, in truth, isometric flexing can make a major difference in your rate of muscle growth, if you use it correctly.

When you do it with proper technique and in the right combination with progressive-resistance training, you can actually enhance muscular endurance and definition. By flexing regularly and acknowledging your hard-earned gains, you'll build confidence in your muscle-making abilities, which will lead to greater growth. So, get in front of that mirror and flex away!



Flexing improves confidence and muscle definition

