



What's Next?

You have worked really hard to get this far, so try to retain this level. The amazing thing is, you are just getting started. Think what you will be able to accomplish with regular, long-term exercise if you can achieve so much in as little as six weeks of doing pushups.

Some people will be happy to have conquered the challenge and be content to find some other program to follow. This is completely fine, as variety of exercise will keep individuals motivated for longer periods. You can go back and repeat the challenge at a higher intensity. For example, if you completed the challenge using the modified position, you can repeat the challenge without using your knees to support you.



Continue to challenge yourself to build strength.

Why not look around for a basic weight training plan, or new aerobic activity to try out? Train for your first 5k, take up yoga or join a local swimming club. The possibilities are endless, but hopefully you now have the confidence and base fitness to tackle almost anything.

Others, not content with doing one hundred pushups, will strive to reach 150, 200 or even more. To achieve this, keep on doing pushups exercises every other day. Based on experiences you have gained in the past weeks, you can build your own training. If you would still like some guidance, follow this plan:

	DAY 1	DAY 2	DAY 3
SET 1	80	60	50
SET 2	80	80	Max (at least 80)
SET 3		70	
TOTAL			