

Monday - Wednesday - Friday**Week One**

Type	Time (in seconds)	Rest (in seconds)
Regular with reg hands	30	60
Regular with wide hands	30	60
Regular with close hands	30	60
Regular with reg hands	20	60
Regular from knees	30	End
Total Time: 6:20		

Week Two

Type	Time (in seconds)	Rest (in seconds)
Feet elevated with reg hands	30	45
Regular with wide hands	30	45
Regular with close hands	30	45
Regular with reg hands	30	45
Regular with reg hands	20	End
Total Time: 5:20		

Week Three

Type	Time (in seconds)	Rest (in seconds)
Feet elevated with reg hands	30	30
Regular with close hands	30	30
Regular with wide hands	30	30
Regular with reg hands	30	30
Regular with close hands	20	30
Regular from knees	20	End
Total Time: 5:10		

Week Four

Type	Time (in seconds)	Rest (in seconds)
Partner resisted with reg hands	20	20
Partner resisted with wide hands	20	20
Partner resisted with close hands	20	20
Regular with reg hands	30	20
Regular from reg hands	25	20
Regular from reg hands	20	End
Total Time: 3:55		

Week Five

Type	Time (in seconds)	Rest (in seconds)
Partner resisted with reg hands	30	15
Feet elevated with wide hands	30	15
Feet elevated with reg hands	30	15
Regular with reg hands	15	10
Regular with close hands	15	10
Regular from knees	15	End
Total Time: 3:20		

Week Six

Type	Time (in seconds)	Rest (in seconds)
Partner resisted with reg hands	40	15
Regular with reg hands	30	15
Regular with close hands	30	15
Regular with wide hands	30	15
Regular from knees	30	15
Regular from knees	30	End
Total Time: 4:25		

Notes:

1. The program includes resistance exercises involving the pectorals, anterior deltoids, and the triceps. One set each; 8-12 repetitions to muscle failure.
2. Participants should try to follow the program on a week-week basis. Participant's performance is monitored to try to get them to do as much as possible for each set of push-ups. If participants cannot finish the work period with the type of push-up they are performing, they should try an easier type of push-up (knees, hands on bench, negatives, wall push-ups) to complete the work period. It is imperative that participants continue to perform the push up movement, including the easier type of push-ups, throughout the entire work period to ensure maximum results.
3. If a participant misses a workout, they should be able to make it up as soon as possible before the next training session to ensure adequate rest and recovery.
4. This training program can be altered as necessary. The key elements are providing a certain amount of work each session and increasing the intensity or duration (or both) from week to week.