

Push-up Program: Beginner

This program is designed for newer athletes who cannot perform a proper push-up, or for athletes who can only perform a few good reps before their mechanics fail. Scaling is always encouraged and the difficulty of the program can easily be modified by the athlete or coach. This template is designed to be printed so you can keep track of your progress by writing notes, reps, measurements, times, weights, etc.. Good luck!

Week 1					Week 2				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday (Test Day)	Push-ups	1 max set Rest as needed, then 30 reps	Make a note of your PR set of push ups. Use an incline that allows you to complete at least 10 perfect reps if needed. For the 30 reps, complete this in as few sets as possible. Note the height of the incline.		Monday	Push-ups	30 reps	As few sets as possible. Try to reduce the height from last week.	
	Hollow Rocks	4x15 seconds	One "rep" is one back-and-forth rock.			3-way planks	5x30 seconds	:10 front, :10 right, :10 left without rest. Rest 1-2 minutes between sets.	
Wednesday	Dumbbell Bench Presses	4x10	Heavy, but perfect reps. Elbows in, neutral grip.		Wednesday	Barbell Bench press	3x10	The goal here is to get time under tension. Loading should be moderate.	
	Inverted Rows (Barbell or Ring)	3x10				Inverted Rows	3x15	Reduce the incline.	
Friday	Push-ups	30 reps	As few sets as possible. Either maintain or reduce the height from Monday..		Friday	Push-up negatives	3x10	Use the ground or a very challenging incline. Slow controlled descent on each rep.	
	Plank to push-ups	3x30 seconds				Plank to push-ups	3x45 seconds		

Week 3					Week 4				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Push-ups	3 max rep sets	Rest as needed between sets. Use an incline that allows you to perform at least 12+ reps per set.		Monday	Push-ups	4 max rep sets	Try to increase the number of reps in each set, or lower incline from last week.	
	Hollow Rocks	3x20 seconds	One "rep" is one back-and-forth rock.			3-way planks	3x60 seconds	:20 front, :20 right, :20 left without rest. Rest 1-2 minutes between sets.	
Wednesday	Dumbbell Overhead Presses	3 max sets	Pick a dumbbell weight that can be done for 12+ reps. Rest as needed.		Wednesday	Barbell Bench press	3x10	Try to go heavier than week 2.	
	Inverted Rows	3 max sets	Reduce the incline.			Inverted Rows	3 max sets	Beat your score from last week.	
Friday	Push-up negatives	3x10	Use the ground or a very challenging incline. Slow controlled descent on each rep.		Friday (Re-test Day)	Push-ups	1 max set	Try to PR your best set of push-ups. Maintain perfect mechanics throughout.	
	Plank to push-ups	3x45 seconds				Plank to push-ups	3x60 seconds		
	Hip extensions	3x12				Hip extensions	3x15		

Comments

Although there is some back work built into the program, you need to stretch and mobilize before and after these workouts. By week 4, there's a good chance beginners will be sore and it's important to prevent any imbalances from developing between the chest and the back. If there's tightness in your pecs and shoulders, get a good warm up and mobilize those areas.

Remember the following rules for these exercises:

1. Maintain a strong hollow-rock position.
2. Keep the shoulders externally rotated by screwing your hands into the ground or onto the barbell.
3. Send the elbows back, not out to the side.