

THE ULTIMATE GUIDE TO GETTING YOUR FIRST PUSH-UP



INTRODUCTION

If this is a major area of focus for you, we recommend prioritizing your pushing muscles (using the push-up variations in this guide) as your first exercise of the day after warming up. You'll be the most fresh and able to focus on technique and getting the most out of your time with these movements.

In these workouts, you'll be selecting a push-up progression that allows you do to anywhere from 5 - 10 challenging repetitions, depending on the workout.

That being said, this can be a tough 'sweet spot' to find depending on your available set up at home.

If one variation feels too easy, but jumping up to the next level feels impossible, we recommend you stay at the "too easy" variation but continue to add repetitions. You can get productive work doing even up to 25+ repetitions of a variation, as long as the final few reps are challenging enough that you notice yourself start to slow down and really have to work through it! And by the time you are banging out 25 repetitions of the easier variation with great technique, you are going to feel much more comfortable doing 5 repetitions of the next progression.

We recommend working your pushing/chest muscles ~3x/week to make progress. The goal is to challenge yourself enough that you feel sore from the movements for a day or two after, and then right after you've recovered fully you can go again! You want to avoid repeating the workout when you are still super sore from the previous effort (when possible).

THE EXERCISES



LEVEL 1:
Elevated Push-up (Wall)
~9% bodyweight



LEVEL 2:
3' Push-up (Countertop)
~20% bodyweight



LEVEL 3:
2' Push-up (Waist-high)
~36-41% bodyweight



LEVEL 4:
Knee Push-up
~49% bodyweight

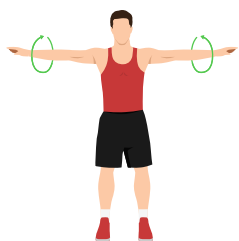


LEVEL 5:
1' Elevated Push-up (Knee-high)
~54% bodyweight

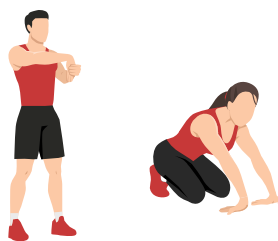


LEVEL 6:
Your First Push-up!
~64% bodyweight

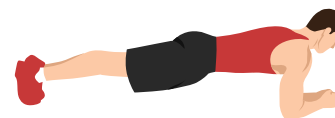
OTHER EXERCISES WE'LL USE:



Arm Circles



Wrist Stretches



Plank



Negative Push-up

**Note: a negative push-up can be performed with ANY of the 6 push-up progression levels. This involves picking a challenging variation and slowly lowering yourself down to the floor (5+ seconds). You can rock out of this position to reset. I.e. you do not have to push yourself back up!*

CORRECT PUSH-UP FORM



TECHNIQUE

When you're first learning the push-up, it's OK for it to look a little wonky. We all start from somewhere! As you practice, you will get better.

THE WORKOUT

As listed, a repetition, or “rep,” is one complete exercise movement while a “set” is a group of consecutive reps.

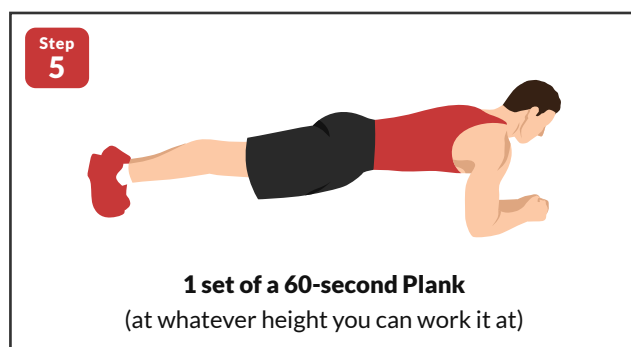
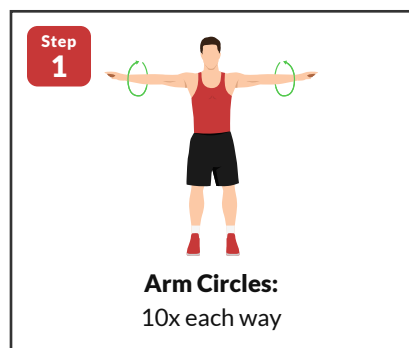
So if we say “do 3 sets of 10 reps”, that means you would do the exercise 10 times in a row, take a break to recover, and repeat it two more times for a total of 30 repetitions.

Shoot for ~3 workouts per week in total, with at least one rest day in between each workout (though that will be depending on how quickly you recover. If you’re still sore for 2-3 days, we recommend waiting until you feel fully recovered to do this workout again. If you’re not sore at ALL the next day, you’re probably ready to add some more sets or reps or move to a harder progression!)

Start by finding which level in the push-up progression chart feels challenging after 5 to 10 repetitions. That’s going to be the variation we use with this workout!

Alright let’s dig in!

THE “GET YOUR FIRST PUSH-UP” WORKOUT



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If you notice you can easily get 10 repetitions of your chosen level, that's awesome!

You have a couple of options:

Add a few more repetitions to your next workout.

If you were doing 10 repetitions, try going for 11 or 12 next time and see how that feels!

Add another set to your next workout.

If you were doing 3 sets, try doing 4 sets of push-ups next time.

Try the next push-up progression level.

Often, this means you will have to do LESS reps or sets than before. But that's OK! You're working harder, so you're not going to be able to do as much. However, if you try to move up a progression level and feel like you can't get 5 repetitions yet, we recommend sticking with one of the options above to start.

And that's it! Continue to work hard, slowly progress in reps, sets, and exercise progression over time, and you'll hit your first hard-earned push-up.