To be done six nights a week just before bed.

**Basic**

Duration 3-6 minutes

This program is for surprising yourself. Most times our mind will tell us we CANNOT do what our bodies actually CAN do. Push yourself and don’t be afraid to fail.

What you need: stopwatch/timer.

Week 1

Put the timer on for 2 minutes.

Do as many regular push-ups as you can.

Record this number. Beat it the next night.

Put the timer on for 1 minute and plank. 🡪

Do 5 diamond push-ups.

Week 2 + 3

30 regular pushups

15 wide pushups

10 diamond pushups

Repeat

Super man hold. 🡪

2 sets of 20 seconds each

Put the timer on for 1:30 seconds. Plank.

On the last day of each week do the two-minute timer push-up test.

Record your results.

Week 4

30 regular pushups

45 seconds side plank each side.

25 wide pushups

Superman hold, 2 sets of 30 seconds each

15 diamond pushups