

12 Week Push-Up Progression Program

Weeks 1-3				
EXERCISE	SETS	REPS	REST BETWEEN SETS	TIMES PER WEEK
High Plank Hold (hold 5-15 seconds per rep)	3-4	3-5	1-2 min	2-3
Incline Push-Up	2-3	4-6	1-2 min	1-2

Weeks 4-6				
EXERCISE	SETS	REPS	REST BETWEEN SETS	TIMES PER WEEK
Incline Push-Up	2-3	5-7	1-2 min	1-2
Incline Eccentric Push-Up With Full Reset	2-3	5-6	1-2 min	1-2

Weeks 7-9				
EXERCISE	SETS	REPS	REST BETWEEN SETS	TIMES PER WEEK
Incline Push-Up	2-3	6-8	1-2 min	1-2
Eccentric Push-Up With Full Reset	2-3	3-4	1-2 min	1-2

Weeks 10-12				
EXERCISE	SETS	REPS	REST BETWEEN SETS	TIMES PER WEEK
Incline Push-Up	2-3	7-10	1-2 min	1-2
Push-Up!	2-4	3-5	1-2 min	1-2