

# 12-WEEK PUSH UP PROGRAM

Add this program to your workout routine 3 times a week.  
If needed, use an incline to complete daily reps.

## WEEK 1

8 REPS  
X 3 SETS

8 REPS  
X 3 SETS

8 REPS  
X 3 SETS

## WEEK 2

8 REPS  
X 4 SETS

8 REPS  
X 4 SETS

8 REPS  
X 4 SETS

## WEEK 3

8 REPS  
X 5 SETS

8 REPS  
X 5 SETS

8 REPS  
X 5 SETS

## WEEK 4

10 REPS  
X 3 SETS

10 REPS  
X 3 SETS

10 REPS  
X 3 SETS

## WEEK 5

10 REPS  
X 4 SETS

10 REPS  
X 4 SETS

10 REPS  
X 4 SETS

## WEEK 6

10 REPS  
X 5 SETS

10 REPS  
X 5 SETS

10 REPS  
X 5 SETS

## WEEK 7

12 REPS  
X 3 SETS

12 REPS  
X 3 SETS

12 REPS  
X 3 SETS

## WEEK 8

12 REPS  
X 4 SETS

12 REPS  
X 4 SETS

12 REPS  
X 4 SETS

## WEEK 9

12 REPS  
X 5 SETS

12 REPS  
X 5 SETS

12 REPS  
X 5 SETS

## WEEK 10

14 REPS  
X 3 SETS

14 REPS  
X 3 SETS

14 REPS  
X 3 SETS

## WEEK 11

14 REPS  
X 4 SETS

14 REPS  
X 4 SETS

14 REPS  
X 4 SETS

## WEEK 12

14 REPS  
X 5 SETS

14 REPS  
X 5 SETS

14 REPS  
X 5 SETS