

Push Up Progression Program

HOW TO ADD IT IN: The idea is to work this program for 8 weeks, but you can keep it going for as long as you need until you build up to strong push-ups. This program is preparatory for your recruit school required entry push up assessment. Consistency is more important than volume - so make sure you are consistently adding these into your normal training! Best added in AFTER the regular daily workouts. Within this program you will see timed exercises and workouts.

A free optional timer utilized by the recruit school cadre is SmartWOD Timer.



Session Duration: 10-15 minutes

Block 1

Session 1:

3 Sets

10 Standard or Elevated Push Ups + 4 Shoulder Taps

**Elevated Push Up Demo: <https://youtu.be/Me9bHFAxnCs?si=rXmksVWGgMijQ0Om>

Rest 1 minute between sets

3 Sets

10-15 Tricep Extensions

Rest 1 minute between sets

3 Sets

1 Minute Plank on Hands

Rest 1 minute between sets

Notes: For the Elevated Push Ups + 4 Taps. The main focus here will be that your hand placement is correct, outside of the chest. That you keep the belly tight and lifted and squeeze the cheeks. Shoulder stays in line with the hip the whole time. Lower yourself under control (no plopping). Press the ground away and really focus on keeping the belly lifted as you press to lock out at the top. In the top of the plank, keep everything tight and tap each shoulder twice, alternating shoulders for a total of 4 taps. Each set of 10 push ups + 4 taps should be unbroken. If you are doing the elevated push ups make sure that your hands aren't higher than your shoulders. When you lower to the box, bench, bar, etc. that object should be right at your chest.

Session 2:

3 Sets

7 Bottom Up Push Ups (Focusing on the push from the floor only)

**Bottom Up Push Up Demo: https://youtu.be/RgyhSAwjD_s?si=nVWyCoB9OmEa_eW_

Rest 1 minute between sets

3 Sets

10-15 Dumbbell Bench Press

Rest 1 minute between sets

3 Sets

15 Hip Bridge w/ a 2 Second Hold at Top

**Hip Bridge Demo: <https://youtu.be/OUgsJ8-Vi0E?si=IP4wE07T6pdf2wuh>

Rest 1 minute between sets

3 Sets

20-30 Second Bottom of Push Up Hold

**Bottom Push Up Hold Demo: https://youtu.be/vtEC-vqc1_0?si=Bq4K7xeQnKJrg2T9

Rest 1 minute between sets

Notes: For the Bottom Up Push Ups, start in the bottom position of a push up. Squeeze your butt and your belly. Draw the shoulders down and away from the ears. Press up to the top of a push up. Lower back to the floor, come to a dead stop and repeat. We want you pressing up from the floor with no momentum from the previous rep.

Session 3:

3 Sets

10 Slow Push Up Negative (5 second lower)

**Slow Push Up Negative Demo: https://youtu.be/-g0Qp_Aoubk?si=ltqAy9f_Wtbr09mJ

Rest 1 minute between sets

3 Sets

10 Skull Crusher

Rest 1 minute between sets

3 Sets

30-45 Second Plank Shoulder Taps

Rest 1 minute between sets

Notes: For the Slow Push Up Negatives, from the top of the push up position on the toes, you will lower yourself under control - with a somewhat slow lower to the bottom. Do NOT plop. Lower and make sure that the chest and thighs reach the floor at the same time. Do NOT try to push back up to the top. That is not the point of this! Come back to the knees and re-set completely for each one.

Block 2

Session 1:

Part 1

3 Sets: 3-5 Slow Lower Push Ups + Max Reps Push Ups Rest at least 1 minute between sets

Part 2

3 Sets: 1 Min Plank Up Downs (Elbows to Hands to Elbows) Rest 1 Min between sets

**Plank Up Down Demo: <https://youtu.be/jF3wvzUUw7s?si=JBCGkz3s2L0wH4d1>

Session 2:

Part 1

3 Sets: 15 Dumbbell Bench Press with a 1 Second Pause at Top Rest 1 Min between sets

Part 2

3 Sets: 15 Dumbbell Shoulder Press (with a slow lower) Rest 1 Min between sets

Part 3

4 Sets: 30 Second Bottom of Push Up Plank Hold Rest 30 Seconds between sets

Session 3:

Part 1

4 Min Tabata (20 Seconds ON + 10 Seconds OFF for 4 minutes - 8 Rounds total) Push Up Taps Rest 2 minutes before part 2

**Tabata: A form of high intensity interval training (HIIT) typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest.

Part 2

4 Sets: 15 Tricep Extensions Rest 1 minute between sets