

MyomyStudio Push-Up Master Plan

Start With Your Baseline

Day	Exercise	Your Notes	Start of Week 1	End of Week 4
0	Push-Up Baseline: - Your 1 set max - Note the incline (if any) - Note how it felt			

Add-on push-Up Plan

Day	Notes	Week 1	Week 2	Week 3	Week 4
1	<u>Higher load day.</u> This means choosing a level that makes the push-ups the most challenging so you can only do low reps.	3x3-5	4x3-5	5x3-5	5x3-5
2	<u>Moderate load day.</u> The incline can change through the sets. If you can do the reps from a medium height in set 1, but by set 3 you need higher, that's fine.	3x8-10	3x8-10	4x8-10	4x8-10
3	<u>Low load day.</u> You're aiming for high reps here so consider that even if a set starts out as easy, it won't be easy by rep 15 o_0	2x15	2x15	2x20	2x20