

PUSH UPS



**CHEST
SHOULDERS
ARMS**

1



Wall Push Ups

Intensity: **Easy**

Instructions:

- Stand about 3 feet away from the wall
- Place hands slightly wider than shoulders at chest level
- Keep body straight throughout the exercise
- Lean forward until elbows are 90 degrees then push back to starting position

Modified Push Ups

Intensity: **Intermediate**

Instructions:

- Rest on knees
- Place hands slightly wider than shoulders at chest level
- Keep body straight throughout the exercise
- Lower the entire body down until elbows are 90 degrees then push back to starting position



2

Wall Push Ups

Intensity: **Hard**

Instructions:

- Place hands slightly wider than shoulders at chest level on the floor
- Keep body straight throughout the exercise
- Lower the entire body down until elbows are 90 degrees then push back to starting position



BONUS! Try the below 8-week plan to build your push-up stamina (and great-looking arms too!)

Important: Take at least 1 day break in between the below training days.

Week #	Number of Days	Exercise	Repetitions	Sets
Week 1	Day 1	Wall Push Ups	15	2
	Day 2	Wall Push Ups	15	2
Week 2	Day 1	Wall Push Ups	25	2
	Day 2	Wall Push Ups	35	2
	Day 3	Modified Push Ups	3	2
Week 3	Day 1	Modified Push Ups	5	1
		Wall Push Ups	50	1
	Day 2	Modified Push Ups	5	1
		Wall Push Ups	50	1
	Day 3	Modified Push Ups	7	2
Wall Push Ups	75	1		
Week 4	Day 1	Modified Push Ups	10	1
		Wall Push Ups	100	1
	Day 2	Modified Push Ups	7	2
		Wall Push Ups	100	2
Week 5	Day 1	Modified Push Ups	15	1
		Wall Push Ups	100	1
	Day 2	Modified Push Ups	10	2
		Wall Push Ups	100	1
Week 6	Day 1	Regular Push Ups	3	1
		Modified Push Ups	15	2
		Wall Push Ups	100	1
	Day 2	Regular Push Ups	3	1
		Modified Push Ups	20	1
		Wall Push Ups	100	1
Week 7	Day 1	Regular Push Ups	5	1
		Modified Push Ups	20	2
	Day 2	Regular Push Ups	5	2
		Modified Push Ups	20	2
	Day 3	Regular Push Ups	10	1
		Modified Push Ups	25	1
Week 8	Day 1	Regular Push Ups	12	1
		Modified Push Ups	25	2
	Day 2	Regular Push Ups	15	1
		Modified Push Ups	25	2



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