

PUSH UP PROGRESSIVE PRACTICE WORKOUT

LEVEL 1 Bench

2 X pushups
Hold in elevated plank position for 10 seconds
3 x pushups
Hold in elevated plank position for 10 seconds
5 x pushups
Hold in elevated plank position for 10 seconds

Practice every 2nd day until you can do 10 full pushups in a row without having to hold in a plank position.

StayStrongMummy

LEVEL 2 Bench

2 X pushups
Hold in elevated plank position for 5 seconds
4 x pushups
Hold in elevated plank position for 5 seconds
6 x pushups
Hold in elevated plank position for 5 seconds

Practice every 2nd day until you can do 12 full pushups in a row without having to hold in a plank position.

StayStrongMummy

LEVEL 3 No Bench

5 X pushups
Hold in elevated plank position for 2 seconds
5 x pushups
Hold in elevated plank position for 2 seconds
5 x pushups
Hold in elevated plank position for 2 seconds

Practice every 2nd day until you can do 15 full pushups in a row without having to hold in a plank position.