

THE MEN'S STYLE 100 PUSH-UP CHALLENGE



12 WEEKS
12 TRAINING TECHNIQUES
100 PUSH-UPS

ARE YOU MAN ENOUGH FOR THIS CHALLENGE?

Don Bradman finished with an average of 99.94, but you can hit 100! It's time to be inspired and join an elite club of men who put down their beer, briefcase or model girlfriend and smash 100 of the best.

If you are up for a challenge, this is definitely for you. Follow each workout, each day and then sign off on your work. Each week, your workout has a set number to reach. In 12 weeks, you too can be drenched in glory.

PS: This challenge will get your pecs back to their best - and even better.

THE WORKOUTS

Week 1 PYRAMID

As the name suggests: starts with low reps, builds and then reduces again

Week 2 READY SET 10 SECONDS GO

10 seconds rest between sets

Week 3 FAST / SLOW

Alternate between fast and slow push-ups

Week 4 20 TO 1

Start high and reduce your reps each time

Week 5 100 CLUB

Get to 100 (anyway you can!)

Week 6 HALF / FULL

Alternate between half and full push-ups

Week 7 CLAP PUSHER

Congratulate yourself with a clap between each push-up

Week 8 LADDER UP

The reps gradually climb in each set

Week 9 LADDER DOWN

The reps gradually fall in each set

Week 10 TARGET TIME

Can you reach the target?

Week 11 COMBINATION

Time to mix it up!

Week 12 GAME TIME

You have done the work. You are ready!



DAVID DARYLL
PRECISION TRAINER

PRECISION IS MUCH MORE IMPORTANT THAN SPEED

- When you are precise and thorough, your muscles work better.
- The ideal speed is slow and steady motion. When you raise your body, do it slowly. The average time of one push up is 2-3 seconds.

WEEK	WHAT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
1	PYRAMID	3-6-9-12-15-12-9-6-3	5-10-20-10-5	2-4-6-8-10-8-6-4-2	REST DAY	4-8-12-16-20-16-12-8-4	1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1	REST DAY	REST JUST ENOUGH BETWEEN EACH SET SO THAT YOU HIT THE NEXT REP TARGET
	PUSH-UP TARGET	77	50	50		100	100	0	377
2	READY SET 10 SECONDS GO	10 REPS - REST 10 SECONDS x 4 ROUNDS	6 REPS - REST 10 SECONDS x 7 ROUNDS	REST DAY	5 REPS - REST 10 SECONDS x 10 ROUNDS	4 REPS - REST 10 SECONDS x 10 ROUNDS	REST DAY	15 REPS - REST 10 SECONDS x 3 ROUNDS	REST FOR 10 SECONDS AFTER EACH SET THEN REPEAT FOR REQUIRED ROUNDS
	PUSH-UP TARGET	40	42		50	40		45	217
3	FAST / SLOW	5 FAST - 2 SLOW - 5 FAST - 2 SLOW - 5 FAST - 2 SLOW REST FOR 1 MINUTE x 3 ROUNDS	REST DAY	3 FAST - 1 SLOW - 3 FAST - 1 SLOW - 3 FAST - 1 SLOW REST FOR 30 SECONDS x 3 ROUNDS	4 FAST - 4 SLOW - 4 FAST - 4 SLOW - 4 FAST - 4 SLOW REST FOR 2 MINUTES x 3 ROUNDS	6 FAST - 1 SLOW - 6 FAST - 1 SLOW - 6 FAST - 1 SLOW REST FOR 1 MINUTE x 3 ROUNDS	3 FAST - 3 SLOW - 3 FAST - 3 SLOW - 3 FAST - 3 SLOW REST FOR 1 MINUTE x 3 ROUNDS	REST DAY	REST FOR 10 SECONDS AFTER EACH SET THEN REPEAT IMMEDIATELY
	PUSH-UP TARGET	42		48	96	63	72		321
4	20 TO 1	20-15-10-5-1	20-16-12-8-4-1	20-1-20-1	REST DAY	20-10-8-6-4-2-1	REST DAY	20-18-16-14-12-10-8-6-4-2-1	REST JUST ENOUGH BETWEEN EACH SET SO THAT YOU HIT THE NEXT REP TARGET
	PUSH-UP TARGET	51	61	42		51		111	316
5	100 CLUB	REST DAY	GET TO 100	REST DAY	GET TO 100	REST DAY	GET TO 100	REST DAY	AIM: TO GET TO 100 AS FAST AS POSSIBLE. GO FOR MAXIMUM REPS ON YOUR FIRST ATTEMPT THEN KEEP CHIPPING AWAY UNTIL YOU GET THE 100
	PUSH-UP TARGET		100		100		100		300
6	HALF / FULL	5 FULL - 5 TOP HALF - 5 BOTTOM HALF - 5 FULL REST FOR 2 MINUTES x 2 ROUNDS	REST DAY	3 FULL - 3 TOP HALF - 3 BOTTOM HALF - 3 FULL REST FOR 30 SECONDS x 4 ROUNDS	10 FULL - 5 TOP HALF - 5 BOTTOM HALF - 10 FULL REST FOR 2 MINUTES x 3 ROUNDS	5 FULL - 8 TOP HALF - 8 BOTTOM HALF - 5 FULL REST FOR 1 MINUTE x 4 ROUNDS	REST DAY	REST DAY	A FULL PUSH-UP IS FROM THE BOTTOM TO THE TOP. A TOP HALF PUSH-UP IS FROM THE TOP TO HALF WAY DOWN. A BOTTOM HALF PUSH-UP IS FROM THE DEEPEST POSITION TO HALF WAY UP
	PUSH-UP TARGET	40		48	90	104			282
7	CLAP PUSHER	5-5-5-5-5-5	MAX NUMBER	8-7-6-5-4-3-2-1	REST DAY	10-10-10-10-10	5-10-15-5-10-15	REST DAY	REST JUST ENOUGH BETWEEN EACH SET SO THAT YOU HIT THE NEXT REP TARGET
	PUSH-UP TARGET	30	25	36		50	60		201
8	LADDER UP	1-2-3-4-5-6-7-8-9-10	2-4-6-8-10-12-14-16-18-20	REST DAY	REST DAY	3-6-9-12-15-18-21-24-27-30	REST DAY	REST DAY	REST JUST ENOUGH BETWEEN EACH SET SO THAT YOU HIT THE NEXT REP TARGET
	PUSH-UP TARGET	55	110			155			320
9	LADDER DOWN	10-9-8-7-6-5-4-3-2-1	20-18-16-14-12-10-8-6-4-2	REST DAY	5-4-3-2-1 x 3 ROUNDS	30-27-24-21-18-15-12-9-6-3	REST DAY	REST DAY	REST JUST ENOUGH BETWEEN EACH SET SO THAT YOU HIT THE NEXT REP TARGET
	PUSH-UP TARGET	55	110		45	155			377
10	TARGET TIME	60	50	REST DAY	70	REST DAY	75	50	DO EVERYTHING IN YOUR POWER TO HIT YOUR TARGETS
	PUSH-UP TARGET	60	50		70		75	50	377
11	COMBINATION	4-8-12-16-20-16-12-8-4 (PYRAMID)	REST DAY	10-10-10-10-10 (CLAP PUSHER)	6 FAST - 1 SLOW - 6 FAST - 1 SLOW - 6 FAST - 1 SLOW REST FOR 1 MINUTE x 3 ROUNDS	REST DAY	REST DAY	REST DAY	DO EVERYTHING IN YOUR POWER TO HIT YOUR TARGETS
	PUSH-UP TARGET	100		50	72				222
12	GAME TIME	100							YOU HAVE DONE THE WORK. YOU ARE READY
	PUSH-UP TARGET	100							MAKE SURE YOU ARE RESTED AND READY TO GO