



# Your 4-week push-up challenge

It's time to strengthen your upper body, arms, chest and core.



## Box push-up

Start by getting into position on all fours with your hands slightly wider than shoulder width. Keep your neck and back straight, chin tucked in and core engaged, and slowly bend your elbows so your chest lowers towards the floor. Pause, then slowly come back to the start, straightening your elbows without locking them.



## Push-up on knees

Get into a plank position, with your hands slightly wider than your shoulders, knees bent at a 90-degree angle, and your feet together. Keep your back flat, chin tucked in and core engaged, then lower down until your chest almost touches the floor. Pause, then push back up to the start position.



## Full push-up

Start in a plank on toes. Keep a straight line from your head to your heels, bend your elbows and lower your body, stopping just before your chest touches the floor. Hold, then return to start. To make the move more intense for the chest area, allow your elbows to fall perpendicular to your body as you lower down.



## Ball push-up\*\*

Place a Bosu ball\*\* on the floor, soft side down. Stand on the ball, keeping your feet facing forward on the outer edges. Stand tall, then slowly bend your knees. extend your arms in front of you to help maintain balance as you sit into a squat. Keep your heels down and squeeze the muscles in your lower body as you stand up.

WEEK	Box push-up	Push-up on knees	Full push-up	Ball push-up**
MON	1-3 sets push-ups 30-seconds*	1-3 sets push-ups 30-seconds	1-3 sets push-ups 30-seconds	1-3 sets push-ups 30-seconds
TUE	1-3 sets push-ups 30-seconds	1-3 sets push-ups 30-seconds	1-3 sets push-ups 30-seconds	1-3 sets push-ups 30-seconds
WED	2-4 sets push-ups 45-seconds	2-4 sets push-ups 45-seconds	2-4 sets push-ups 45-seconds	2-4 sets push-ups 45-seconds
THU	2-4 sets push-ups 45-seconds	2-4 sets push-ups 45-seconds	2-4 sets push-ups 45-seconds	2-4 sets push-ups 45-seconds
FRI	Rest day	Rest day	Rest day	Rest day
SAT	3-5 sets push-ups 60-seconds	3-5 sets push-ups 60-seconds	3-5 sets push-ups 60-seconds	3-5 sets push-ups 60-seconds
SUN	3-5 sets push-ups 60-seconds	3-5 sets push-ups 60-seconds	3-5 sets push-ups 60-seconds	3-5 sets push-ups 60-seconds

\* "Push-ups for 30 seconds" means do as many push-ups as you can in that amount of time. As always, check with your doctor before starting any new workout routine, and always warm up and cool down.

\*\* If you don't have access to an exercise ball you can use the edge of the sofa. If week 1 is too easy, skip to week 2. That said, if you feel you're not ready to move on, repeat a day or a week.