

ONE HUNDRED PUSHUPS UNOFFICIAL GUIDE
(<http://hundredpushups.com>)

INITIAL TEST

WEEK 1 - DAY 1			
REST 60 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
	up to 5 push ups	6 - 10 push ups	more than 10 push ups
LEVEL 1	2	7	10
LEVEL 2	2	7	10
LEVEL 3	2	5	8
LEVEL 4	2	4	6
LEVEL 5	max (at least 3)	max (at least 5)	max (at least 7)
WEEK 1 - DAY 2			
REST 90 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	4	9	12
LEVEL 2	3	8	12
LEVEL 3	2	6	10
LEVEL 4	2	5	10
LEVEL 5	max (at least 4)	max (at least 7)	max (at least 10)
WEEK 1 - DAY 3			
REST 120 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	5	10	15
LEVEL 2	4	8	13
LEVEL 3	4	8	10
LEVEL 4	3	5	10
LEVEL 5	max (at least 5)	max (at least 10)	max (at least 15)

WEEK 2 - DAY 1			
REST 60 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
	up to 5 push ups	6 - 10 push ups	more than 10 push ups
LEVEL 1	4	9	12
LEVEL 2	4	8	12
LEVEL 3	3	6	9
LEVEL 4	3	4	7
LEVEL 5	max (at least 5)	max (at least 7)	max (at least 10)
WEEK 2 - DAY 2			
REST 90 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	6	11	16
LEVEL 2	5	9	13
LEVEL 3	3	7	11
LEVEL 4	3	7	11
LEVEL 5	max (at least 6)	max (at least 10)	max (at least 15)
WEEK 2 - DAY 3			
REST 120 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	5	10	15
LEVEL 2	5	10	15
LEVEL 3	4	8	12
LEVEL 4	4	8	12
LEVEL 5	max (at least 6)	max (at least 10)	max (at least 15)

EXHAUSTION TEST

WEEK 3 - DAY 1			
REST 60 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
	16 -20 push ups	21 - 25 push ups	26 - 30 push ups
LEVEL 1	15	20	25
LEVEL 2	12	15	17
LEVEL 3	12	15	17
LEVEL 4	10	13	15
LEVEL 5	max (at least 15)	max (at least 20)	max (at least 25)
WEEK 3 - DAY 2			
REST 90 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	16	22	27
LEVEL 2	14	17	19
LEVEL 3	14	17	19
LEVEL 4	12	15	15
LEVEL 5	max (at least 15)	max (at least 20)	max (at least 25)
WEEK 3 - DAY 3			
REST 120 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	20	25	30
LEVEL 2	15	19	22
LEVEL 3	15	19	22
LEVEL 4	12	17	20
LEVEL 5	max (at least 16)	max (at least 22)	max (at least 27)

WEEK 4 - DAY 1			
REST 60 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
	16 -20 push ups	21 - 25 push ups	26 - 30 push ups
LEVEL 1	16	22	27
LEVEL 2	13	16	20
LEVEL 3	13	16	20
LEVEL 4	11	14	17
LEVEL 5	max (at least 16)	max (at least 22)	max (at least 27)
WEEK 4 - DAY 2			
REST 90 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	16	22	27
LEVEL 2	14	17	21
LEVEL 3	14	17	21
LEVEL 4	12	15	18
LEVEL 5	max (at least 15)	max (at least 20)	max (at least 25)
WEEK 4 - DAY 3			
REST 120 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1	20	25	30
LEVEL 2	15	19	22
LEVEL 3	15	19	22
LEVEL 4	15	17	20
LEVEL 5	max (at least 18)	max (at least 24)	max (at least 29)

EXHAUSTION TEST

WEEK 5 - DAY 1			
REST 60 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
	31 - 35 push ups	36 - 40 push ups	41 - 45 push ups
LEVEL 1	30	35	40
LEVEL 2	24	28	32
LEVEL 3	22	25	30
LEVEL 4	20	22	25
LEVEL 5	max (at least 30)	max (at least 35)	max (at least 40)
WEEK 5 - DAY 2			
REST 45 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1&2	15	17	20
LEVEL 3&4	14	16	18
LEVEL 5&6	12	14	15
LEVEL 7	10	12	14
LEVEL 8	max (at least 30)	max (at least 35)	max (at least 40)
WEEK 5 - DAY 3			
REST 30 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1&2	12	16	18
LEVEL 3&4	12	14	16
LEVEL 5&6	10	12	14
LEVEL 7	9	10	12
LEVEL 8	max (at least 30)	max (at least 35)	max (at least 40)

WEEK 6 - DAY 1			
REST 60 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
	46 - 50 push ups	51 - 60 push ups	61 - 70 push ups
LEVEL 1	42	50	56
LEVEL 2	35	40	45
LEVEL 3	32	36	42
LEVEL 4	30	35	40
LEVEL 5	max (at least 42)	max (at least 50)	max (at least 56)
WEEK 6 - DAY 2			
REST 45 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1&2	22	25	30
LEVEL 3&4	20	22	25
LEVEL 5&6	17	22	25
LEVEL 7&8	15	18	22
LEVEL 9	max (at least 42)	max (at least 50)	max (at least 56)
WEEK 6 - DAY 3			
REST 30 SECONDS BETWEEN EACH LEVEL (LONGER IF REQUIRED)			
LEVEL 1&2	20	23	27
LEVEL 3&4	17	20	23
LEVEL 5&6	15	20	23
LEVEL 7&8	14	16	20
LEVEL 9	max (at least 42)	max (at least 50)	max (at least 56)

FINAL TEST