

# ADVANCED 2 WORKOUT-WK1

## MONDAY

WARM UP  
SET 1 = 13 PUSH UP  
SET 2 = 15 PUSH UP  
SET 3 = 10 PUSH UP  
SET 4 = 10 PUSH UP  
SET 5 = 12+ PUSH UP  
STRETCH

## TUESDAY

REST

## WEDNESDAY

WARM UP  
SET 1 = 13 PUSH UP  
SET 2 = 15 PUSH UP  
SET 3 = 11 PUSH UP  
SET 4 = 11 PUSH UP  
SET 5 = 15+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

WARM UP  
SET 1 = 14 PUSH UP  
SET 2 = 16 PUSH UP  
SET 3 = 12 PUSH UP  
SET 4 = 12 PUSH UP  
SET 5 = 16+ PUSH UP  
STRETCH

# ADVANCED 2 WORKOUT-WK2

## MONDAY

WARM UP  
SET 1 = 12 PUSH UP  
SET 2 = 15 PUSH UP  
SET 3 = 12 PUSH UP  
SET 4 = 12 PUSH UP  
SET 5 = 16+ PUSH UP  
STRETCH

## TUESDAY

REST

## WEDNESDAY

WARM UP  
SET 1 = 14 PUSH UP  
SET 2 = 17 PUSH UP  
SET 3 = 13 PUSH UP  
SET 4 = 13 PUSH UP  
SET 5 = 18+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

WARM UP  
SET 1 = 16 PUSH UP  
SET 2 = 19 PUSH UP  
SET 3 = 14 PUSH UP  
SET 4 = 14 PUSH UP  
SET 5 = 20+ PUSH UP  
STRETCH

# ADVANCED 2 WORKOUT-WK3

## MONDAY

WARM UP  
SET 1 = 12 PUSH UP  
SET 2 = 15 PUSH UP  
SET 3 = 10 PUSH UP  
SET 4 = 10 PUSH UP  
SET 5 = 19+ PUSH UP  
STRETCH

## TUESDAY

REST

## WEDNESDAY

WARM UP  
SET 1 = 14 PUSH UP  
SET 2 = 17 PUSH UP  
SET 3 = 12 PUSH UP  
SET 4 = 12 PUSH UP  
SET 5 = 21+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

WARM UP  
SET 1 = 16 PUSH UP  
SET 2 = 20 PUSH UP  
SET 3 = 14 PUSH UP  
SET 4 = 14 PUSH UP  
SET 5 = 23+ PUSH UP  
STRETCH

# ADVANCED 2 WORKOUT-WK4

## MONDAY

WARM UP  
SET 1 = 15 PUSH UP  
SET 2 = 19 PUSH UP  
SET 3 = 15 PUSH UP  
SET 4 = 15 PUSH UP  
SET 5 = 21+ PUSH UP  
STRETCH

## TUESDAY

REST

## WEDNESDAY

WARM UP  
SET 1 = 21 PUSH UP  
SET 2 = 23 PUSH UP  
SET 3 = 16 PUSH UP  
SET 4 = 16 PUSH UP  
SET 5 = 26+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

WARM UP  
SET 1 = 23 PUSH UP  
SET 2 = 27 PUSH UP  
SET 3 = 21 PUSH UP  
SET 4 = 21 PUSH UP  
SET 5 = 30+ PUSH UP  
STRETCH

# ADVANCED 2 WORKOUT-WK5

## MONDAY

WARM UP  
SET 1 = 21 PUSH UP  
SET 2 = 27 PUSH UP  
SET 3 = 23 PUSH UP  
SET 4 = 23 PUSH UP  
SET 5 = 33+ PUSH UP  
STRETCH

## TUESDAY

REST

## WEDNESDAY

WARM UP  
SET 1 = 15 PUSH UP  
SET 2 = 15 PUSH UP  
SET 3 = 21 PUSH UP  
SET 4 = 21 PUSH UP  
SET 5 = 15 PUSH UP

SET 6 = 15 PUSH UP  
SET 7 = 36+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

WARM UP  
SET 1 = 15 PUSH UP  
SET 2 = 15 PUSH UP  
SET 3 = 22 PUSH UP  
SET 4 = 22 PUSH UP  
SET 5 = 15 PUSH UP

SET 6 = 15 PUSH UP  
SET 7 = 38+ PUSH UP  
STRETCH

# ADVANCED 2 WORKOUT-WK6

## MONDAY

WARM UP  
SET 1 = 18 PUSH UP  
SET 2 = 28 PUSH UP  
SET 3 = 24 PUSH UP  
SET 4 = 24 PUSH UP  
SET 5 = 42+ PUSH UP  
STRETCH

## TUESDAY

REST

## WEDNESDAY

WARM UP  
SET 1 = 18 PUSH UP  
SET 2 = 18 PUSH UP  
SET 3 = 24 PUSH UP  
SET 4 = 24 PUSH UP  
SET 5 = 19 PUSH UP

SET 6 = 98 PUSH UP  
SET 7 = 46+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

WARM UP  
SET 1 = 20 PUSH UP  
SET 2 = 20 PUSH UP  
SET 3 = 26 PUSH UP  
SET 4 = 26 PUSH UP  
SET 5 = 21 PUSH UP

SET 6 = 21 PUSH UP  
SET 7 = 50+ PUSH UP  
STRETCH