

BEGINNER1

WORKOUT-WK1

MONDAY

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

TUESDAY

REST

WEDNESDAY

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

THURSDAY

REST

FRIDAY

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

BEGINNER1

WORKOUT-WK2

MONDAY

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

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 3 PUSH UP
SET 2 = 5 PUSH UP
SET 3 = 3 PUSH UP
SET 4 = 3 PUSH UP
SET 5 = 6+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

WARM UP
SET 1 = 4 PUSH UP
SET 2 = 5 PUSH UP
SET 3 = 5 PUSH UP
SET 4 = 5 PUSH UP
SET 5 = 7+ PUSH UP
STRETCH

BEGINNER1 WORKOUT-WK3

MONDAY

WARM UP
SET 1 = 4 PUSH UP
SET 2 = 6 PUSH UP
SET 3 = 4 PUSH UP
SET 4 = 4 PUSH UP
SET 5 = 8+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 5 PUSH UP
SET 2 = 7 PUSH UP
SET 3 = 6 PUSH UP
SET 4 = 6 PUSH UP
SET 5 = 9+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

WARM UP
SET 1 = 6 PUSH UP
SET 2 = 9 PUSH UP
SET 3 = 7 PUSH UP
SET 4 = 7 PUSH UP
SET 5 = 10+ PUSH UP
STRETCH

BEGINNER1

WORKOUT-WK4

MONDAY

WARM UP
SET 1 = 8 PUSH UP
SET 2 = 10 PUSH UP
SET 3 = 7 PUSH UP
SET 4 = 7 PUSH UP
SET 5 = 12+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 8 PUSH UP
SET 2 = 10 PUSH UP
SET 3 = 8 PUSH UP
SET 4 = 8 PUSH UP
SET 5 = 14+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

WARM UP
SET 1 = 9 PUSH UP
SET 2 = 11 PUSH UP
SET 3 = 9 PUSH UP
SET 4 = 9 PUSH UP
SET 5 = 16+ PUSH UP
STRETCH

BEGINNER1

WORKOUT-WK5

MONDAY

WARM UP
SET 1 = 8 PUSH UP
SET 2 = 11 PUSH UP
SET 3 = 8 PUSH UP
SET 4 = 8 PUSH UP
SET 5 = 18+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 6 PUSH UP
SET 2 = 6 PUSH UP
SET 3 = 10 PUSH UP
SET 4 = 10 PUSH UP
SET 5 = 6 PUSH UP

SET 6 = 6 PUSH UP
SET 7 = 20+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

WARM UP
SET 1 = 7 PUSH UP
SET 2 = 7 PUSH UP
SET 3 = 12 PUSH UP
SET 4 = 12 PUSH UP
SET 5 = 6 PUSH UP

SET 6 = 6 PUSH UP
SET 7 = 24+ PUSH UP
STRETCH

BEGINNER1 WORKOUT-WK6

MONDAY

WARM UP
SET 1 = 8 PUSH UP
SET 2 = 13 PUSH UP
SET 3 = 8 PUSH UP
SET 4 = 8 PUSH UP
SET 5 = 26+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 6 PUSH UP
SET 2 = 6 PUSH UP
SET 3 = 10 PUSH UP
SET 4 = 10 PUSH UP
SET 5 = 7 PUSH UP

SET 6 = 7 PUSH UP
SET 7 = 7 PUSH UP
SET 8 = 28+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

WARM UP
SET 1 = 8 PUSH UP
SET 2 = 8 PUSH UP
SET 3 = 12 PUSH UP
SET 4 = 12 PUSH UP
SET 5 = 8 PUSH UP

SET 6 = 8 PUSH UP
SET 7 = 8 PUSH UP
SET 7 = 30+ PUSH UP
STRETCH

BEGINNER1

WORKOUT-WK7

MONDAY

WARM UP
SET 1 = 10 PUSH UP
SET 2 = 15 PUSH UP
SET 3 = 10 PUSH UP
SET 4 = 10 PUSH UP
SET 5 = 33+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 8 PUSH UP
SET 2 = 8 PUSH UP
SET 3 = 12 PUSH UP
SET 4 = 12 PUSH UP
SET 5 = 8 PUSH UP

SET 6 = 8 PUSH UP
SET 7 = 8 PUSH UP
SET 8 = 36+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

WARM UP
SET 1 = 10 PUSH UP
SET 2 = 10 PUSH UP
SET 3 = 14 PUSH UP
SET 4 = 14 PUSH UP
SET 5 = 10 PUSH UP

SET 6 = 10 PUSH UP
SET 7 = 10 PUSH UP
SET 7 = 40+ PUSH UP
STRETCH

BEGINNER1 WORKOUT-WK8

MONDAY

WARM UP
SET 1 = 12 PUSH UP
SET 2 = 16 PUSH UP
SET 3 = 12 PUSH UP
SET 4 = 12 PUSH UP
SET 5 = 45+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 9 PUSH UP
SET 2 = 9 PUSH UP
SET 3 = 13 PUSH UP
SET 4 = 13 PUSH UP
SET 5 = 9 PUSH UP

SET 6 = 9 PUSH UP
SET 7 = 9 PUSH UP
SET 8 = 50+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

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

SET 6 = 11 PUSH UP
SET 7 = 11 PUSH UP
SET 7 = 55+ PUSH UP
STRETCH

BEGINNER1 WORKOUT-WK9

MONDAY

WARM UP
SET 1 = 13 PUSH UP
SET 2 = 18 PUSH UP
SET 3 = 13 PUSH UP
SET 4 = 13 PUSH UP
SET 5 = 50+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 10 PUSH UP
SET 2 = 10 PUSH UP
SET 3 = 15 PUSH UP
SET 4 = 15 PUSH UP
SET 5 = 10 PUSH UP

SET 6 = 10 PUSH UP
SET 7 = 10 PUSH UP
SET 8 = 55+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

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

SET 6 = 12 PUSH UP
SET 7 = 12 PUSH UP
SET 7 = 60+ PUSH UP
STRETCH

BEGINNER1

WORKOUT-WK10

MONDAY

WARM UP
SET 1 = 15 PUSH UP
SET 2 = 20 PUSH UP
SET 3 = 15 PUSH UP
SET 4 = 15 PUSH UP
SET 5 = 50+ PUSH UP
STRETCH

TUESDAY

REST

WEDNESDAY

WARM UP
SET 1 = 12 PUSH UP
SET 2 = 12 PUSH UP
SET 3 = 16 PUSH UP
SET 4 = 16 PUSH UP
SET 5 = 13 PUSH UP

SET 6 = 13 PUSH UP
SET 7 = 13 PUSH UP
SET 8 = 55+ PUSH UP
STRETCH

THURSDAY

REST

FRIDAY

WARM UP
SET 1 = 13 PUSH UP
SET 2 = 13 PUSH UP
SET 3 = 18 PUSH UP
SET 4 = 18 PUSH UP
SET 5 = 13 PUSH UP

SET 6 = 13 PUSH UP
SET 7 = 13 PUSH UP
SET 7 = 60+ PUSH UP
STRETCH