

# INTERMEDIATE 2

## WORKOUT-WK1

### MONDAY

WARM UP  
SET 1 = 6 PUSH UP  
SET 2 = 8 PUSH UP  
SET 3 = 6 PUSH UP  
SET 4 = 6 PUSH UP  
SET 5 = 7+ 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 = 9+ PUSH UP  
STRETCH

### THURSDAY

REST

### FRIDAY

WARM UP  
SET 1 = 9 PUSH UP  
SET 2 = 12 PUSH UP  
SET 3 = 9 PUSH UP  
SET 4 = 9 PUSH UP  
SET 5 = 11+ PUSH UP  
STRETCH

# INTERMEDIATE 2

## WORKOUT-WK2

### MONDAY

WARM UP  
SET 1 = 9 PUSH UP  
SET 2 = 11 PUSH UP  
SET 3 = 9 PUSH UP  
SET 4 = 9 PUSH UP  
SET 5 = 12+ PUSH UP  
STRETCH

### TUESDAY

REST

### WEDNESDAY

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

### THURSDAY

REST

### FRIDAY

WARM UP  
SET 1 = 11 PUSH UP  
SET 2 = 13 PUSH UP  
SET 3 = 11 PUSH UP  
SET 4 = 11 PUSH UP  
SET 5 = 14+ PUSH UP  
STRETCH

# INTERMEDIATE 2

## WORKOUT-WK3

### MONDAY

WARM UP  
SET 1 = 11 PUSH UP  
SET 2 = 14 PUSH UP  
SET 3 = 11 PUSH UP  
SET 4 = 11 PUSH UP  
SET 5 = 16+ PUSH UP  
STRETCH

### TUESDAY

REST

### WEDNESDAY

WARM UP  
SET 1 = 12 PUSH UP  
SET 2 = 15 PUSH UP  
SET 3 = 12 PUSH UP  
SET 4 = 12 PUSH UP  
SET 5 = 18+ PUSH UP  
STRETCH

### THURSDAY

REST

### FRIDAY

WARM UP  
SET 1 = 13 PUSH UP  
SET 2 = 16 PUSH UP  
SET 3 = 14 PUSH UP  
SET 4 = 14 PUSH UP  
SET 5 = 20+ PUSH UP  
STRETCH

# INTERMEDIATE 2

## WORKOUT-WK4

### MONDAY

WARM UP  
SET 1 = 14 PUSH UP  
SET 2 = 17 PUSH UP  
SET 3 = 14 PUSH UP  
SET 4 = 14 PUSH UP  
SET 5 = 20+ PUSH UP  
STRETCH

### TUESDAY

REST

### WEDNESDAY

WARM UP  
SET 1 = 16 PUSH UP  
SET 2 = 18 PUSH UP  
SET 3 = 16 PUSH UP  
SET 4 = 16 PUSH UP  
SET 5 = 21+ PUSH UP  
STRETCH

### THURSDAY

REST

### FRIDAY

WARM UP  
SET 1 = 17 PUSH UP  
SET 2 = 19 PUSH UP  
SET 3 = 17 PUSH UP  
SET 4 = 17 PUSH UP  
SET 5 = 24+ PUSH UP  
STRETCH

# INTERMEDIATE 2

## WORKOUT-WK5

### MONDAY

WARM UP  
SET 1 = 18 PUSH UP  
SET 2 = 22 PUSH UP  
SET 3 = 18 PUSH UP  
SET 4 = 18 PUSH UP  
SET 5 = 28+ PUSH UP  
STRETCH

### TUESDAY

REST

### WEDNESDAY

WARM UP  
SET 1 = 12 PUSH UP  
SET 2 = 12 PUSH UP  
SET 3 = 18 PUSH UP  
SET 4 = 18 PUSH UP  
SET 5 = 12 PUSH UP

SET 6 = 12 PUSH UP  
SET 7 = 33+ 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 = 39+ PUSH UP  
STRETCH

# INTERMEDIATE 1 WORKOUT-WK6

## MONDAY

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

SET 6 = 16 PUSH UP  
SET 7 = 16 PUSH UP  
SET 8 = 46+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

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

SET 6 = 18 PUSH UP  
SET 7 = 50+ PUSH UP  
STRETCH

# INTERMEDIATE 1 WORKOUT-WK7

## MONDAY

WARM UP  
SET 1 = 16 PUSH UP  
SET 2 = 18 PUSH UP  
SET 3 = 21 PUSH UP  
SET 4 = 22 PUSH UP  
SET 5 = 50+ PUSH UP  
STRETCH

## TUESDAY

REST

## WEDNESDAY

WARM UP  
SET 1 = 20 PUSH UP  
SET 2 = 20 PUSH UP  
SET 3 = 22 PUSH UP  
SET 4 = 22 PUSH UP  
SET 5 = 18 PUSH UP

SET 6 = 18 PUSH UP  
SET 7 = 18 PUSH UP  
SET 8 = 55+ PUSH UP  
STRETCH

## THURSDAY

REST

## FRIDAY

WARM UP  
SET 1 = 22 PUSH UP  
SET 2 = 22 PUSH UP  
SET 3 = 24 PUSH UP  
SET 4 = 24 PUSH UP  
SET 5 = 20 PUSH UP

SET 6 = 20 PUSH UP  
SET 7 = 20 PUSH UP  
SET 7 = 60+ PUSH UP  
STRETCH