

FIREFIT PUSH UP PROGRESSION -LEVEL 2 (TIME TO BUILD STAMINA)

This push up accessory program has been put together as something SIMPLE you can add in 3 times per week to help you gain stamina in push ups. We all know that it's one thing to be able to do a few good push ups or even one good set - but then they disappear into thin air and you are stuck doing singles. Or worse, terrible sloppy ones.

The volume of work is low, but will help you build the strength necessary to get there. Simply pick 3 days that are not back to back (like M, W, F or T, Th, S) and add ONE session in each of those days per week. This could be part of your warm up, cool down, or later in the day in addition to your normal workout.

The idea is to work 4 - 6 weeks, but you can keep it going as long as you need until you build up to strong push ups. **Consistency is more important than volume** - so make sure you are consistently adding these into your normal training. For measurable results, we suggest testing your max rep push ups at the beginning and end of this 4-6 week program.

You should not choose this option unless you can do at least 10 -15 reps of solid full range of motion push-ups - in a row without breaking or losing form. If you can't do this, then start at the Level 1 push up program.

Increasing stamina for push ups isn't just about doing a million push ups. We also need to work the stamina in your midline and we can isolate the smaller muscle groups, like the triceps to gain stamina on those "lock out" muscles. You'll notice that we change the angle and range motion of the push ups a bit, as well as do some dumbbell work. If you are super sore from session to session you may choose to spread them out a bit more or lower the reps a bit until you build up to the full thing.

CORRECT PUSH UP:

- **Hands slightly wider than the shoulders (may have to go narrower with your hands due to shoulder issues or mobility.)**
- **Hands in line in line with the chest**
- **On your toes**
- **Shoulder - knees - hips - shoulder - head are in line**
- **Tight belly**
- **Butt squeezed**
- **Body lowers in straight line**
- **Chest and thighs meet the ground at the same time**
- **Body raises in straight line**
- **Lock out completely at the top**

SESSION 1

- **3 sets of 5 reps SLOW LOWER DEFICIT PUSH UP RIGHT INTO MAX REP PUSH UPS. REST 2 MINUTES BETWEEN SETS**
- **3 sets of 1 minute PLANK ON ELBOWS (WEIGHTED) Rest 1 minute between sets**

SLOW LOWER DEFICIT PUSH UP + MAX REPS PUSH UPS

Use a plate (or stack of plates), books if you are at home and don't have plates. Something under both hands to elevate your hands by about 3-4". Make sure you don't set them up too wide. Perform a slow lower push up for 5 reps. Try to lower for 3-5 seconds for each

rep touching your chest to the floor. Press up at normal speed to complete lockout.

After you have completed 5 of the slow lower deficit reps, you will immediately move off the plates and do as many reps as you can of regular push ups. These must be WITH GOOD SOLID TECHNIQUE. No shorting the reps. No sagging, snaking, worming, or hips up. Chest and thighs touch at the bottom. All of the way up at the top. Locked out.

WEIGHTED PLANK ON ELBOWS

You can do these in a vest, or with a plate on your back. If you don't have either of these as an option you CAN do these unweighted as well. Start with something light and only increase weight if you can hold the entire minute without starting to sag.

Your weight will be in your elbows, which should be lined up under the shoulders. Shoulders, hips, knees and feet are in line. Belly tight and butt squeezed. Weight should be on the middle of the back. If you start to sag - drop the weight or go weightless.

If holding for 1 minute without weight still isn't happening - you can accumulate 1 minute for each set. Rest 1 minute between sets.

SESSION 2

- **5 SETS OF 15 REPS DUMBBELL BENCH**
- **5 SETS OF 15 REPS SHOULDER PRESS**
- **5 SETS OF 15 REPS TRICEP PRESS DOWN/EXTENSION**
- **4 SETS OF 30 SECOND BOTTOM PUSH UP PLANK**
(rest as needed between all exercises)

DUMBBELL BENCH PRESS

Use a weight that will allow you to get all 15 reps unbroken.

Lie flat on the bench with heels down or even up on the bench. Pull shoulders back and down and lock dumbbells out over the chest. Lower dumbbells to the chest - elbows going down but not flaring out. Keep them lower than the shoulders. Press to lock out.

SHOULDER PRESS

These may be standing or seated. No use of the legs allowed. Keep the belly tight and lock out completely at the top with the dumbbells over the middle of the body - not out front. Come all the way down to the shoulders at the bottom with the elbows slightly in front.

TRICEP EXTENSION

Use a band over a pull up bar or in a door way. You can also do the old school single dumbbell seated behind the head press out overhead option.

If using a band, choose one that is difficult, but should be possible to do 15 reps in a row with FULL lockout (even a slight pause at the bottom). Start with elbows bent completely and in tight to the body. Press down. Keeping elbows in until locked out - hold for a split second at the bottom.

For the dumbbell version you may do these either seated or standing. You will hold a single dumbbell in both hands with the biceps by the ears and belly tight. Moving only at the elbows lower the dumbbell behind the head. Then moving only at the elbows press to complete lock out over head.

4 SETS OF 30 SECOND BOTTOM PUSH UP PLANK

Basically you will lower yourself down in your push up until you are less than an inch from the ground. Legs, hips, belly, and chest are all in one straight line and are OFF of the ground . HOLD for 30 seconds.

If you can't quite make 30 seconds - break it up and accumulate 30 seconds each time. Rest as needed between sets.

SESSION 3

- **3 SETS OF 20 REPS UP AND OVER PUSH UPS**
- **2 MINUTE TABATA PUSH UP (PAUSE IN PLANK)**
- **4 SETS OF 15 REPS HIP BRIDGES**

UP AND OVER PUSH UPS

For these use a stack of plates or whatever you can find that will put your hands roughly 3-4" off the ground. You will start with one hand on the elevated surface and one hand on the ground. Perform a full range of motion push up. Then walk the hands up and over to the other side so that the opposite hand is on the ground this time and do another push up. That right there would = 2 reps. Each push up counts as one rep.

It is more important that these are good quality push ups. So if you need to lower the number at first or if you need to break up these sets of 20 - do that.

If you want an extra special challenge you can attempt to do these on a medicine ball.

2 MINUTE TABATA PUSH UP (PAUSE IN PLANK)

Tabata means you work for 20 seconds and rest for 10 seconds. Perform this drill for 2 minutes - which will = 4 rounds total.

Very simple. Perform regular push ups for 20 seconds straight. Make sure they are SOLID push ups and if form starts to break you need to take a quick break. Then you will hold the TOP of the push up position (no sagging, snaking, butt up in the air) for 10 seconds. Repeat for 3 more rounds. There is no rest during the 2 minutes.

HIP BRIDGES

Lying on your back with your feet flat on the ground, you will press your hips up and squeeze the butt until the knees, hips, and shoulders are in a straight line. Hold for a brief pause before lowering back down. Make sure you drive through the heels when you press up and that you keep the belly engaged. This will help build strength in the lower back and glutes in order to help you hold the position for the push up.

COMMON PUSH UP FAULTS TO AVOID:

- SAGGING
- SNAKING
- HIPS TOO HIGH
- ARMS OUT TOO WIDE
- NOT GOING LOW ENOUGH
- NOT LOCKING OUT
- COMBINATION OF NOT GOING LOW ENOUGH/ NOT LOCKING OUT

****MAKE SURE YOU USE THE PROPER SET UP AND FORM FOR ALL OF THESE DRILLS IN THIS PROGRAM FOR THE BEST RESULTS AND FOR THE SAFETY OF YOUR SHOULDERS!!**