

FIREFIT PUSH UP PROGRESSION - LEVEL 1 (GETTING TO PROPER PUSH UPS)

This push up accessory program has been put together as something simple you can add in 3 times per week to help you get stronger at regular push ups. 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. You should do Level 1 if you cannot perform at least 10-15 legit push ups. More on what a legit push up is below.

The idea is to work on this for 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.

Getting those solid push ups is a combination of BOTH strength and stability in your shoulders, chest, triceps, abdominals, AND even your glutes and lower back. So often, people shortcut the movement and fail when they try to use full range of motion. Other times they allow sloppy movement like a saggy midline, plopping, or snaking to prevent them from gaining the core strength part.

CORRECT PUSH UPS:

- **Hands slightly wider than shoulders (This may vary due to past shoulder injuries or mobility issues)**
- **Hands in line with the chest**
- **On your toes**
- **Shoulders - knees - hips - head are in line**
- **Tight belly**
- **Butt squeezed**
- **Body Lowers in a 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 MAX REPS KNEE OR ELEVATED PUSH UPS**
- **3 SETS OF 10 -15 REPS TRICEP EXTENSION**
- **3 SETS OF 1 MINUTE PLANK ON HANDS**

KNEE OR ELEVATED PUSH UP

You may choose to do whichever version of this you prefer. We do recommend alternating each week. So, if week one you do knees - the next time you do session 1 - you do the elevated option. The main focus here will be that hand placement is correct, outside the chest, unless you have a nagging shoulder issue then do a comfortable hand placement. Also keep the belly tight and lifted and squeeze the cheeks. Shoulder stays in line with the hip the whole time. Lower yourself under control (no plopping). Bring your chest and thighs all the way to the ground. Press the ground away and really focus on keeping the belly lifted as you press to lock out at the top.

You will perform 3 sets of as many reps as you can.

If you are doing the elevated push up make sure that your hands aren't higher than your shoulders. When you lower to the box, bench, bar, etc. that object should be right at your chest. Focus extra on keeping the belly tight and squeezing the cheeks as the saggy hips will want to creep in.

TRICEP EXTENSION

For this one we prefer you use a band in a doorway or attached to a pull up bar. You will do your basic tricep press down. Make sure the elbows are in tight to the body and that you have a little tension on the band even in the top with elbows bent. Press the band straight down until your elbows are completely locked out. Hold for a split second before bringing back up. Slow and controlled.

You may also use a dumbbell and do over head single dumbbell tricep extensions. Dumbbell is held in both hands. Biceps are up overhead/ by the ears. Elbows are bent so that the dumbbell is behind you. Leaving the upper arm where it's at and moving only the elbow, press to lock out the dumbbell over the top of your head.

These should be unbroken or close to it.

PLANK ON HANDS

Basically a hold at the top of the push up. Hands should be just wider than the shoulders and down at roughly chest height. You should be on the toes and the toes - knees- hips - shoulders - and head should be in one straight line. Pull the belly in and squeeze the cheeks to maintain this position. Press the ground away.

If at first you are unable to hold this position for the full minute - no problem. Accumulate 1 minute for each set.

SESSSION 2

- **3 SETS OF 10 REPS DEFICIT PUSH UPS FROM KNEES**
- **3 SETS OF 10-15 REPS DUMBBELL BENCH**
- **3 SETS OF 15 REPS HIP BRIDGES**
- **6 SETS OF 20 SECOND BOTTOM PLANK HOLDS**

AFTER 3 WEEKS YOU WILL SWAP THE DEFICIT PUSH UPS OUT FOR:

- *3 SETS OF 10 REPS SINGLE PUSH UPS FROM A DEAD STOP AT THE BOTTOM (NO DEFICIT)*

DEFICIT PUSH UPS FROM KNEES

For these use a stack of bumper plates or books if your'e at home and don't have plates. Use something that you can place each hand on so that your hands are roughly 3-4" elevated off of the ground. From here you will perform push ups from the knees, bringing your chest ALL the way to the ground. Focus here is making sure you don't PLOP down. Making sure your hands are set up roughly chest height and not too far out in front.

For these it will be common that when you go to push up out of the hole that you will really lift your chest and overarch your back. Don't do that. Keep the rib cage pulled down, belly tight. Also, fingers forward and when you go down elbows go BACK and slightly out. Avoid that t-shape at the bottom. You may have to break these reps up. That is ok. Were looking for excellent form here.

DUMBBELL BENCH PRESS

You may do these on a bench, lying on a box, or even with your back on a stability ball. You will have a dumbbell in each hand, locked out over your chest - palms facing forward (palms facing away from you). Lower the dumbbells to your chest under control elbows out and down. Press to lock out completely at the top.

Choose a weight that will allow you to do these unbroken.

HIP BRIDGE

Lie on your back with your knees bent and your heels. Shoulders on the ground and tighten the belly. Squeeze your cheeks and dig your heels into the ground to bring your hips up. Keep pressing upward until your knees, hips, and shoulders all form a straight line. Hold for a

brief moment. Then lower back down under control. Re-engage the belly at the bottom of each rep. These should NOT be done fast.

SESSION 3

- **3 SETS OF 10 REPS PUSH UP NEGATIVE**
- **3 SETS OF 10 REPS SKULL CRUSHERS**
- **3 SETS OF 10 REPS EACH SIDE - SINGLE ARM/ LEG MOVING PLANK**

PUSH UP NEGATIVE

From the top of the push up position on the toes, you will lower yourself under control - with a somewhat slow lower to the bottom. Do not PLOP. Lower slow and make sure that the chest and thighs reach the floor at the same time. Do NOT try to push back up to the top. This is not the point of this. Come back to the knees and re-set completely for each one.

In this top position and as you move, toes should be in line with the knees, hips, and shoulders. Belly pulled in and butt squeezed. Hands just outside shoulder width (or where comfortable) and at chest level. When lowering elbows do not go OUT. No - T shape. This is important for the health of the shoulder! Keep them relatively close to your body.

SKULL CRUSHERS

Lie on your back either on the floor or a bench. You will have a light dumbbell in each hand with palms facing each other. Press the dumbbells to lock out at chest height. Moving ONLY at the elbow -

lower the dumbbells to your face basically (just outside of it). Moving ONLY at the elbow - press to lock out.

3 X 10 EACH SIDE- SINGLE ARM/ SINGLE LEG MOVING PLANK

This one is tough because it requires a lot of balance. If you need to do just the arm part at first that is totally acceptable. You will basically be at the top of the push up position. Belly tight and butt squeezed. From here you will lift one foot off the ground and the opposite hand. Hold for JUST a split second before lowering back down. Alternate until you have done 10 reps or 5 reps per side. You may also want to do these from the elbow at first as an option as well.

COMMON FAULTS TO AVOID FOR PUSH UPS IN GENERAL:

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