

	Adaptation Phase			Endurance Phase		Cover-up Phase
	Rest between exercises - 120 sec			Rest between exercises - 120 sec		Rest between exercises 120 sec
	Rest between sets - 90 sec			Rest between sets - 60 sec		Rest between sets - 90 sec
	Week1	Week2	Week3	Week4	Week5	Week6
Monday	Normal Pushups 3x max	Normal Pushups 3x max	Normal Pushups 3x max	Normal Pushups 4x max	Normal Pushups 4x max	Normal Pushups 3x max
Tuesday	Rest	Rest	Rest	Rest	Rest	Rest
Wednesday	Normal push up 3x 15	Normal push up 3x 15	Normal push up 3x 20	Normal push up 4x 15	Normal push up 4x 15	Normal push up 3x 15
	Diamond push Up 3x 10	Diamond push Up 3x 15	Diamond push Up 3x 15	Diamond push Up 4x 10	Diamond push Up 4x 10	Diamond push Up 3x 15
	Wide push up 3x 10	Wide push up 3x 15	Wide push up 3x 15	Wide push up 4x 10	Wide push up 4x 10	Wide push up 3x 15
Thursday	Rest	Rest	Rest	Rest	Rest	Rest
Friday	Normal push up 3x 15	Normal push up 3x 15	Normal push up 3x 15	Normal push up 4x 15	Normal push up 4x 15	Normal push up 3x 15
	Diamond push Up 3x 10	Diamond push Up 3x 10	Diamond push Up 3x 10	Diamond push Up 4x 10	Diamond push Up 4x 10	Diamond push Up 3x 10
	Wide push up 3x 10	Wide push up 3x 10	Wide push up 3x 10	Wide push up 4x 10	Wide push up 4x 10	Wide push up 3x 10
Saturday	100 pushups throughout the day in as few reps as possible	125 pushups throughout the day in as few reps as possible	150 pushups throughout the day in as few reps as possible	200 pushups throughout the day in as few reps as possible	200 pushups throughout the day in as few reps as possible	125 pushups throughout the day in as few reps as possible
Sunday	Rest	Rest	Rest	Rest	Rest	Rest