

PUSH-UP

STARTER
KIT



BECOME A PUSH-UP
POWERHOUSE

LIGHT A FIRE

**7 WEEK
PUSH-UP
STARTER KIT**



7 WEEK PUSH-UP STARTER KIT



The push-up has been considered a staple in workout routines for decades. They are simple yet effective for building strength. And there's no equipment needed!

A Push-Up is considered a compound movement, meaning it involves multiple joints and stimulates large muscle groups. They can be done anywhere, anytime, and at any level of your fitness journey.

Though this 7 week program is designed for beginners, seasoned "push-uppers" can also implement this program to revisit technique and add push-ups into their daily schedule.

When committing to this 7 week schedule, you will see genuine results when it comes to your push-up game, and have some new found strength and muscles to boot!



7 WEEK PUSH-UP STARTER KIT CONT.

In this 7 Week Push-Up Starter Kit, you will learn about 4 push-up variations that will build your strength and form in order to work up to doing your fifth and final variation- the good old fashioned Standard Push-Up.

You will also learn 6 exercises that will help you build upon all of the same muscles used in doing push-ups, as well as add to your core strength.

Along with a sample workout calendar, tips & tricks, and more, this kit will have you feeling like a push-up powerhouse in just 7 weeks.

Have fun, know that you can do this no matter where you are in your journey, and no "I can't do this" talk allowed within the walls of these 7 weeks. (Or ever really, but especially not while you are finidng your push-up mojo.)



PUSH-UP VARIATIONS



On this page, you will find all of the push-up variations that we will be visiting throughout these 7 weeks. Though there are MANY variations, we will be utilizing 5 variations, including the standard push-up.

They will go in order from "easiest", working up in "difficulty" to get to the standard push-up.

- **Wall Push-Up**: This is done from a push-up position while standing, with hands pressing against a wall.
- **Incline Push-Up**: Your body is elevated off of the ground at any angle/depth of choice that falls between a wall push-up and standard push-up.



PUSH-UP VARIATIONS CONT.



- **Band assisted Push-Up**: This can be done for/in any variation of push-up. A "booty band" or small loop band is placed on the arms just above the elbows, and is to assist at the hardest part of the push-up at the bottom.
- **Knee Push-Up**: These are NOT "girl push-ups", they are a push-up modification meant to help you enjoy the benefits of doing push-ups. Push-Up form, knees bent on the ground.
- **Standard Push-Up**: You know the drill, high plank position, elbows bend out at a 45 degree angle...Tried and true-Push-Ups.



TIPS, TRICKS, THINGS TO REMEMBER



- No matter the variation, your body always remains in a straight line.
- No matter the variation, your core needs to stay engaged and hips do NOT hinge, pike, or sag.
- Do NOT bend elbows out to the side in a 'T' shape, this could cause injury to your wrists and shoulders, not to mention, make it so much harder!
- Remember to breathe. When you breathe, you are able to activate your abdominal muscles, and it can help you improve your strength. Inhale when lowering your body, exhale when pushing up.



TIPS, TRICKS, THINGS TO REMEMBER CONT.



- Your fingers should be splayed, with your middle fingers pointing toward 12 o'clock
- Elbows bend out at a 45 degree angle. For push-ups that focus more on your triceps, tuck arms in a little closer to the body and point elbows towards your feet at the bottom/bend.
- Keep neck in line with your body. Your head should never be tucked in or neck bent as though looking up.
- Let go of your ego. Start where you CAN and work your way up. You will build great form and strength when you let go of the ego.

WHAT ARE THE BENEFITS OF PUSH-UPS?

1. Can be done anywhere, anytime.
2. Bodyweight exercise- that means no equipment!
3. Engages several muscle groups at the same time — the arms, chest, upper back, core, legs and hips.
4. Build muscle, gain strength, and positively impact your overall fitness, function, and performance.
5. It's considered a compound movement, meaning it involves multiple joints and stimulates large muscle groups.
6. Has many modifications and variations. Can be performed by beginners and pros alike!



STANDARD PUSH-UP



- Hands slightly outside shoulder-width apart at chest level
- Feet shoulder width apart
- Body straight (Lower back w/Neutral Curve)

-
- Engage the core (Do NOT let hips collapse)
 - Squeeze the glutes
 - Keeping pressure through the hands, bend the elbows to lower the chest, hips, and head toward the ground- together as one.
 - Elbows out at a 45 degree angle





KNEE PUSH-UP



- Hands slightly outside shoulder-width apart at chest level
- Knees slightly bent on the floor
- Body straight (Lower back w/Neutral Curve)

-
- Engage the core (Do NOT let hips collapse)
 - Squeeze the glutes
 - Keeping pressure through the hands, bend the elbows to lower the chest, hips, and head toward the ground- together as one.
 - Elbows out at a 45 degree angle





WALL PUSH-UP



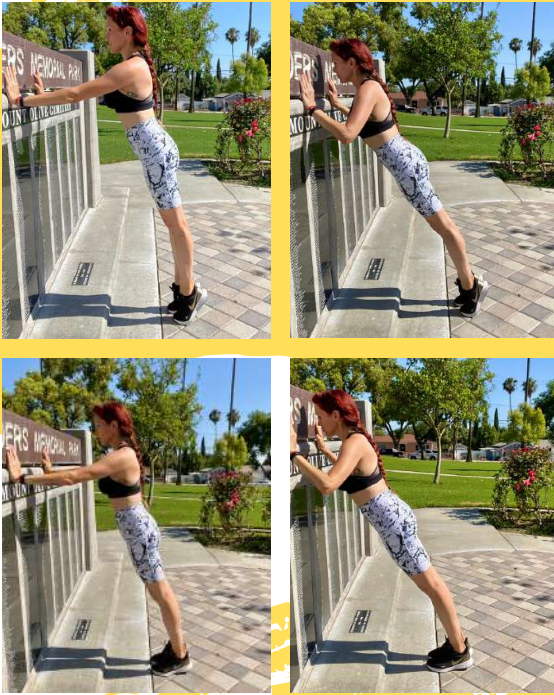
Elevated vs. Flat foot

Both are okay to do, this is simply a preference/based on your wall space





WALL PUSH-UP



- Place your hands at or slightly above shoulder height with your hands slightly wider than your shoulders
 - Stand a little further than arm's length away
 - Core tight
-
- Lean your body forward as you slowly bend your elbows.
 - Keep your hips squarely in line with your shoulders and your ankles as you lean forward
 - Do not hinge at the hips- keep your body in one line.





INCLINE PUSH-UP



Be sure to perform this exercise on a sturdy surface and away from objects that can slide underneath you.

- Hands slightly outside shoulder-width apart at chest level
- Body straight (Lower back w/Neutral Curve)
- Engage the core (Do NOT let hips collapse)
- Squeeze the glutes
- Lower the chest, hips, and head- together as one.
- Elbows out at a 45 degree angle



BAND ASSISTED PUSH-UP



This can be done with any push-up variation, and any type of mini-loop/"booty" resistance band.

- Place band above elbows so that it rests at chest level
 - Hands slightly outside shoulder-width apart at chest level
 - Body straight (Lower back w/Neutral Curve)
-
- Engage the core (Do NOT let hips collapse)
 - Squeeze the glutes
 - Lower the chest, hips, and head- together as one
 - Elbows out at a 45 degree angle



HIGH PLANK



- Spine should be in it's neutral, normal alignment
 - Keep shoulders pulled down and back to avoid rounding in your upper back or shoulders.
 - Hold core tight
 - Do not let hips collapse or hinge
 - BREATHE
-
- Hold for an amount of time that feels challenging to you & you are still able to hold your proper form

ELBOW PLANK



- Spine should be in it's neutral, normal alignment
- Rest elbows on the ground w/Elbow & Shoulder aligned
- Keep shoulders pulled down and back to avoid rounding in your upper back or shoulders.
- Hold core tight
- Do not let hips collapse or hinge
- BREATHE
- Hold for an amount of time that feels challenging to you & you are still able to hold your proper form

PLANK SHOULDER TAPS



- Start with your High Plank position
- As you keep that same form; holding your core tight and body in a straight line, bring one hand up and tap the opposite shoulder.
- Repeat, alternating sides
- Do not let hips twist, fall, or pike/hinge as you transfer from one arm to the other.
- Keep the whole body aligned, pushing through your wrists and shoulders

PLANK UP-DOWNS



Up, Up, Down, Down
= 1



- Start in your Elbow Plank position
- As you keep that same form; holding your core tight and body in a straight line, gently shift your weight to one side and bring your opposite palm to the floor.
- As you push up, shift to the other side bringing your opposite palm to the floor. You are now in high plank position.
- Come back down the way you came up, then repeat, switching the side you start with.
- Keep entire body in one straight line.

PLANK SIT-BACK

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- Start in your High Plank position
- As you keep that same form; holding your core tight and body in a straight line, push through your hands, bend your knees and sink into your hips as you “sit back”.
- Once you have reached your maximal “sit back”, push through your toes, and move back into a high plank position.
- Do not let hips, drop or hinge while in high plank.

HAND RELEASE PUSH-UP

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- Start in your High Plank position
- As you keep that same form; holding your core tight and body in a straight line, lower your body as you would in a standard push-up until your chest reaches the ground.
- At the bottom, pick your hands up to hover off the floor a few inches.
- Then, place your palms back down, engage your core, leg and glute muscles, and without arching or rounding your spine, push up in to your high plank.

PUSH-UP STARTER KIT

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Week 1

50 Push-Ups This Week

You can do these spread throughout the week,
a couple days, or all in one day.

Week 2

50 Push-Ups x 2 (twice) This Week

You can do these spread throughout the week,
a couple days, or all in one day.

(Yes, it's 100 push-ups throughout the week, but is a great mental trick to break it up so it feels like less.)

Week 3

50 Push-Ups Three Days This Week

All 50 in one day. You can spread the three days out however you'd like.

Week 4

50 Push-Ups Four Days This Week

All 50 in one day. You can spread the four days out however you'd like.

Week 5

50 Push-Ups Five Days This Week

All 50 in one day. You can spread the five days out however you'd like.

Week 6

25 Push-Ups Twice a Day, Six Days This Week

Split your 50 into 25. Do 25, twice a day, for six days this week.
Breaking it up this way helps you feel less mentally overwhelmed.

Week 7

25 Push-Ups Twice a Day, Seven Days This Week

OR

50 Push-Ups, Seven Days This Week

Pick one, and go for it! **YOU CAN DO IT!**

SAMPLE CALENDAR

Push-Up Starter Kit

The purpose of the sample calendar that I have given you is to show you ways in which you can break up that weeks required push-ups. You can use my calendar or write out your own on the blank calendar I have provided.

Which ever way you choose, I recommend having it mapped out so that you know what's coming, and can prepare mentally, physically, as well as with your schedule.

You can break up your push-ups in any way that works for you or feels good to YOU. This is simply a sample to help get the wheels turning.

If you are going to break your push-ups into many little sections, I suggest you keep a tally/write them down so that you don't lose track.

You can go through any and all of the progressions at any point of your push-up journey. You don't even have to move through any progressions! Do what works best for you and your body. GO FORTH!

SAMPLE CALENDAR

Push-Up Starter Kit

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|---|---|---|---|---|---|---|
| Week 1 | | 10 Push-Ups | | 15 Push-Ups | 10 Push-Ups | | 15 Push-Ups |
| Week 2 | 15 in the a.m. 10 in the p.m. | | 20 Push-Ups | 20 Push-Ups | 10 in the a.m. 15 in the p.m. | | 10 Push-Ups |
| Week 3 | | 50 Push-Ups | | 50 Push-Ups | | 50 Push-Ups | |
| Week 4 | 50 Push-Ups | | 50 Push-Ups | 50 Push-Ups | | 50 Push-Ups | |
| Week 5 | | 50 Push-Ups | 50 Push-Ups | 50 Push-Ups | | 50 Push-Ups | 50 Push-Ups |
| Week 6 | 25 in the a.m. 25 in the p.m. | 25 in the a.m. 25 in the p.m. | 25 in the a.m. 25 in the p.m. | | 25 in the a.m. 25 in the p.m. | 25 in the a.m. 25 in the p.m. | 25 in the a.m. 25 in the p.m. |
| Week 7 OR | 25 in the a.m. 25 in the p.m. 50 Push-Ups | 25 in the a.m. 25 in the p.m. 50 Push-Ups | 25 in the a.m. 25 in the p.m. 50 Push-Ups | 25 in the a.m. 25 in the p.m. 50 Push-Ups | 25 in the a.m. 25 in the p.m. 50 Push-Ups | 25 in the a.m. 25 in the p.m. 50 Push-Ups | 25 in the a.m. 25 in the p.m. 50 Push-Ups |

You can break up your push-ups in any way that works for/ feels good to YOU. This is simply a sample to help get the wheels turning.

If you are going to break your push-ups into many little sections, I suggest you keep a tally/write them down so that you don't lose track.

You can go through any and all of the progressions at any point of your push-up journey. You don't even have to move through any progressions! Do what works best for you and your body. GO FORTH!

MY PUSH-UP CALENDAR

Push-Up Starter Kit

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| | SUN | MON | TUE | WED | THU | FRI | SAT |
|--------|-----|-----|-----|-----|-----|-----|-----|
| Week 1 | | | | | | | |
| Week 2 | | | | | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | | | |
| Week 5 | | | | | | | |
| Week 6 | | | | | | | |
| Week 7 | | | | | | | |

*Print this page

- You can break up your push-ups in any way that works for/ feels good to YOU.
- If you are going to break your push-ups into many little sections throughout the day, I suggest you keep a tally/write them down so that you don't lose track.
- You can go through any and all of the progressions at any point of your push-up journey. You don't even have to move through any progressions! Do what works best for you and your body. GO FORTH!