

United Kung Fu

功夫联盟

Pushup Challenge 108

108 Pushups

We have made a few adjustments to our training routines to follow CDC and other health guidelines, one of these adjustments is avoiding touching the training mat. This means eliminating pushups and sit-ups. However, these exercises are critical to your success as a black belt in building core muscle strength. It is up to you to do these on your own at home.

To help everyone stay motivated we are introducing Challenge 108. The goal is to slowly build up to being able to do 108 consecutive pushups.

How it works:

1. Watch the [instructional video](#) to learn proper way to do a pushup
2. Make a commitment
 - a. Use the charts below as a guide to ramp up your reps.
 - b. Follow the recommended break between sets and recovery days.
 - c. Start with lower counts, alternative positions, or go back to the previous week's chart if you are unable to complete the sets.
3. Keep going
 - a. Once you can do 108 consecutive pushups, don't stop!
 - b. Set daily goals for doing pushups.
 - c. Learn about variations on the basic exercises using alternative hand positions, raised surfaces, exercise balls, etc.

Week 1 – Rest 60 seconds between each set		
Day 1	Pushups	5 sets of 5
Day 2	Recovery	
Day 3	Pushups	5 sets of 7
Day 4	Recovery	
Day 5	Pushups	5 sets of 7
Day 6	Recovery	
Day 7	Recovery	

Week 2 – Rest 90 seconds between each set		
Day 1	Pushups	5 sets of 8
Day 2	Recovery	
Day 3	Pushups	5 sets of 10
Day 4	Recovery	
Day 5	Pushups	5 sets of 11
Day 6	Recovery	
Day 7	Recovery	

Week 3 – Rest 90 seconds between each set		
Day 1	Pushups	5 sets of 12
Day 2	Recovery	
Day 3	Pushups	5 sets of 13
Day 4	Recovery	
Day 5	Pushups	5 sets of 14
Day 6	Recovery	
Day 7	Recovery	

Week 5 – Rest 90 seconds between each set		
Day 1	Pushups	5 sets of 20
Day 2	Recovery	
Day 3	Pushups	10 sets of 10
Day 4	Recovery	
Day 5	Pushups	10 sets of 15
Day 6	Recovery	
Day 7	Recovery	

Week 4 – Rest 120 seconds between each set		
Day 1	Pushups	5 sets of 15
Day 2	Recovery	
Day 3	Pushups	8 sets of 10
Day 4	Recovery	
Day 5	Pushups	9 sets of 11
Day 6	Recovery	
Day 7	Recovery	

Week 6 – Rest 60 seconds between each set		
Day 1	Pushups	10 sets of 15
Day 2	Recovery	
Day 3	Pushups	10 sets of 20
Day 4	Recovery	
Day 5	Pushups	10 sets of 20
Day 6	Recovery	
Day 7	108 Consecutive Pushups!!!	