TS FIX & FIT

30-DAY HOLIDAY PUSH-UP CHALLENGE

540 REPS | 30 DAYS | STRONGER EVERY DAY

YOUR FREE FITNESS CHALLENGE

Build upper-body strength, muscular endurance, core control and consistency - one quality rep at a time.

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Your 30-Day Plan

Complete the daily target in as many sets as needed. Use a wall or incline variation if standard push-ups are too difficult. Rest days are part of the plan.

DAY	TARGET	COACHING FOCUS
1	5	Perfect form
2	6	Controlled reps
3	7	Core tight
4	8	Full range
5	10	Build endurance
6	10	Controlled tempo
7	REST	Recovery
8	12	Strength
9	12	Consistency
10	15	Chest + triceps
11	15	Slow reps
12	18	Endurance
13	18	Strong core
14	REST	Recovery
15	20	Halfway point
16	20	Perfect form
17	22	Push harder
18	22	Controlled reps
19	25	Strength
20	25	Endurance
21	REST	Recovery
22	30	Quality reps
23	33	Challenge
24	35	Strong finish
25	30	Control
26	32	Endurance
27	35	Mental toughness
28	REST	Recovery
29	35	Final preparation
30	40	Challenge finish

Finish line: 540 prescribed push-ups across 26 training days, plus 4 recovery days.

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PUSH-UP LEVELS: FIND YOUR STARTING POINT

Choose the level that matches your current fitness, and progress as you get stronger.

BEGINNER LEVEL

Build a Solid Foundation



INCLINE PUSH-UP

Easier on the upper body. Use a bench, table, or sturdy surface.



KNEE PUSH-UP

A modified push-up that builds strength and proper form.

DEVELOPING LEVEL

Build Strength and Endurance



STANDARD PUSH-UP

The classic push-up. Build strength, control, and endurance.



STANDARD PUSH-UP (LOWERED POSITION)

Go down until your chest is just above the floor, then push back up with control.

ADVANCED LEVEL

Increase Intensity and Total Strength



DIAMOND PUSH-UP

Targets the triceps and inner chest for greater upper-body strength.



DECLINE PUSH-UP

A more challenging push-up that places greater focus on the chest, shoulders, and upper body.

QUICK TIPS FOR PROGRESS

- Start at the level that feels challenging but doable.
- Focus on good form and full range of motion.
- Add reps or move to a higher level as you get stronger.

Push-Up Form That Counts

• Place hands approximately shoulder-width apart; adjust for comfort.

• Keep head, torso and hips aligned; brace your core.

• Lower with control, elbows angled comfortably rather than flared straight out.

• Push back up without sagging your hips or holding your breath.

• Stop the set when form breaks down. Short sets still count.

Choose Your Level

Beginner: Wall push-ups or hands on a stable countertop/bench.
Developing: Incline push-ups or modified knee push-ups.
Advanced: Standard push-ups, divided into quality sets as needed.

Recovery & Progress

Warm up your shoulders and wrists for 3-5 minutes. Take 45-90 seconds between sets, or longer as needed. On rest days, choose gentle movement and sleep well. If pain, dizziness, chest discomfort or unusual shortness of breath occurs, stop and seek appropriate medical guidance. This plan is a general challenge, not a requirement to push through symptoms.

Track Your Progress

Starting variation: _____ Starting date: _____

Best quality set on Day 1: _____ Best quality set on Day 30: _____

My biggest improvement: _____

READY FOR YOUR NEXT LEVEL?

Keep training beyond this challenge with the **Superhero 2026 Workout E-Book**, currently promoted at a discounted price. Explore the full program at **TSFIXANDFIT.NET**. Offer details and pricing are available on the website.

TRAIN STRONG. EAT SMART. LIVE BETTER.