

Build Your Push-Up

3 Trainingstage pro Woche

Ein Tag Pause zwischen den Einheiten

Benötigtes Equipment: Gummiband oder Kurzhantel und zwei Bücher

Tag 1

[\(Link zum Video\)](#)

- A) Kneeling or Elevated Push-Ups, 3 x max reps, rest: full recovery
- B) Triceps Extension, 3 x 10-15 reps, 1 minutes rest between sets
- C) Straight Arm Plank Hold, 3 x 1 minute, 1-2 minutes rest between sets

Tag 2

[\(Link zum Video\)](#)

- A) Deficit Push-Ups from knees, 3 x 10 reps, rest: full recovery
- B) Bench Dips, 3 x 10-15 reps, 1 minutes rest between sets
- C) Glute Bridges, 3 x 15, 1 minute rest between sets
- D) Bottom Plank Hold, 4-6 x 10-20 second, 1 minute rest between sets

Tag 3

[\(Link zum Video\)](#)

- A) Eccentric Push-Ups, 3 x 10 reps at 3 seconds down, rest: full recovery
- B) Skull Crusher, 3 x 10 reps, 1-2 minutes rest between sets
- C) Slow Scap Push-Ups + Shoulder Taps, 3 x 10 second, 1 minute rest between sets