

# The 100 Push Ups In A Row Workout Plan

**Introduction:** This 100 push ups in a row plan is a systematic method to guide you to perform 100 push ups in a row. There are a few keys to this plan. The first is to find your max rep push ups in a row. For example, say you can do 25 push ups in a row. This will be used for your Max Push Up day and Sporadic Push Up days. Multiple this number by 5 to get 125. On Max Push Up day (Sundays and Wednesdays) you'll perform 125 push ups. But you'll break it up. So say you did 25 push ups on set 1. Rest for 1-2 minutes. Then do another set. Say you got 22 reps. Write that down for Set 2. Rest another 1-2 minutes. Maybe on set 3 you did 20. Keep going until you get your 125 push ups. This will typically be about 7 sets. On the next day, you'll do 125 sporadic push ups throughout the day. So you may do 25 when you get up in the morning. Do 15 before you head to work. Do another 20 when you get home from work. Another 20 after dinner, etc. Just get your total rep count in. Don't try to max out. Just "grease the groove". The next day you'll rest and you'll follow this cycle.

Calculation															
<b>Test Day</b> Do as many push ups in a row as possible. Write that number here: ____ (Example: 25)															
<b>Goal Number</b> Multiple your number above X 5. Write that number here: ____ This will be your goal # on															
Days	Weeks	Week 1													
		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
		Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep
Sunday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Monday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tuesday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Wednesday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Thursday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Friday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Saturday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Days	Weeks	Week 2													
		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
		Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep
Sunday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Monday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tuesday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Wednesday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Thursday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Friday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Saturday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Do another test on Saturday to find your new max push ups in a row.															
New Max Push Ups		.....													
New Goal for Max Push Up Days (5X)		.....													
Days	Weeks	Week 3													
		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
		Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep
Sunday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Monday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tuesday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Wednesday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Thursday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Friday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Saturday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Days	Weeks	Week 4													
		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
		Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep	Target Rep	Actual Rep
Sunday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Monday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tuesday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Wednesday (Max Push Up)	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	MAX	-	
Thursday (Sporadic Push Up)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Friday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Saturday (Rest)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Do another test to find your new max push ups in a row. Repeat above cycle as many times as you like.															
New Max Push Ups		.....													

"Whether you think you can or think you can't, you're right." Henry Ford

Leave a Review & Find Your Next Routine at [AShotofAdrenaline.net](http://AShotofAdrenaline.net)