

Pushups and Pistols

April 2018 Challenge



Name: _____

PUSHUPS

Day 1 – Assessment

Establish your starting point. Can you do 10 correctly-executed pushups?

Not there yet – move on to Section A **Yes** – move on to section B

Section A – If you CANNOT do a pushup on Day 1, start here

Weeks 1 and 2 – complete routine 2-3 times per week

DATE	Eccentric Pushup 4 sets of 2-4 reps, rest 60 seconds between sets	Pushup to Failure 1 set to failure with bar 1 peg higher than Eccentric Pushups	Power Plank 3 sets to failure resting 30 seconds between sets
Monday 3/27	<i>Peg height is 2 below red</i>	<i>How many reps did you get?</i>	<i>Did you hit 30 seconds for all 3 rounds?</i>

Weeks 3 and 4 – complete routine 3 times per week

DATE	Close Grip Pushup Peg height of Eccentric pushups from weeks 1 and 2. 4 sets of 2-4 reps, rest 60 sec.	Pushup to Failure 1 set to failure with bar 1 peg lower than weeks 1 and 2	Stir the Pot 3 sets to failure, rest 30 seconds between sets
Monday 3/27	<i>Peg height is 3 below red</i>	<i>How many reps did you get?</i>	<i>Did you hit 6 reps for all 3 rounds?</i>



Section B – If you CAN do a pushup on Day 1, start here

Weeks 1 - 4 – complete routine 2-3 times per week, rotating between Workout A day and B day

WORKOUT A

Week	DATE	Pushup Variation 8 sets of 3 with 8 seconds negative, rest 60 seconds	Hanging Leg Raise 3 sets of 8-12 with 60 seconds rest	Stir the Pot 1 set to failure, for reps or time
<i>Week 1</i>	<i>Monday 3/27</i>	<i>Did you hit all of your reps?</i>	<i>Did you hit all of your reps?</i>	<i>How many reps/or time?</i>

WORKOUT B

Week	DATE	Pushup Variation 2 sets to failure, rest 90 seconds	Dumbbell External Rotation 3 sets of 8, 30-60 sec. rest	TRX Tricep Extension 3 sets of 12-15, 60 seconds rest
<i>Week 1</i>	<i>Monday 3/27</i>	<i>How many reps/set?</i>	<i>What weight DB did you use?</i>	<i>Did you hit all of your reps?</i>



PISTOLS

Day 1 – Assessment

Establish your starting point. Can you do 1 full range pistol squat?

Not there yet – move on to Section A

Yes – move on to section B

Section A – If you CANNOT do 1 full range pistol squat on Day 1, start here

Weeks 1 and 2 – do each workout 1 time per week

WORKOUT A

Week	DATE	Pistol Squat to Box 5 sets of 5 reps, 60 seconds rest	Barbell Hip Thrust 2 sets of 20 reps, rest 90 seconds
	<i>Monday 3/27</i>	<i>Did you hit all of your reps?</i>	<i>What weight did you use?</i>
Week 1			
Week 2			

WORKOUT B

Week	DATE	Weighted Pistol Squat to Box 1 set of 10 reps, rest 30 seconds	Barbell Glute Bridge 5 sets of 5 reps, 90 seconds rest
	<i>Monday 3/27</i>	<i>What weight did you use?</i>	<i>What weight did you use?</i>
Week 1			
Week 2			

WORKOUT C

Week	DATE	Goblet Squat 8 rounds of 20 seconds, rest 10 seconds between rounds
	<i>Monday 3/27</i>	<i>What weight did you use?</i>
Week 1		
Week 2		

Weeks 3 and 4 – do each workout 1 time per week

WORKOUT A

Week	DATE	Pistol Squat to Box 5 sets of 5 reps, 60 seconds rest	Barbell Hip Thrust 2 sets of 20 reps, rest 90 seconds
	<i>Monday 3/27</i>	<i>Did you hit all of your reps?</i>	<i>What weight did you use?</i>
Week 1			
Week 2			

WORKOUT B

Week	DATE	Supported Pistol Squat 10 reps per leg, alternating, rest 20-30 seconds as needed	Barbell Glute Bridge 5 sets of 5 reps, 90 seconds rest
	<i>Monday 3/27</i>		<i>What weight did you use?</i>
Week 1			
Week 2			

WORKOUT C

Week	DATE	Pistol Squat to a Box Can you get 25 total reps per leg without rest?
	<i>Monday 3/27</i>	<i>How many reps did you get per leg?</i>
Week 1		
Week 2		

Section B – If you CAN do 1 full range pistol squat on Day 1, start here

Weeks 1 - 4 - complete each workout 1 time per week

WORKOUT

Week	DATE	Workout A: Pistol Squat Tabata 2 tabatas of: 8 rounds for 4 minutes (20 seconds on/10 seconds off), rest 2 mins	Workout B: 20 Rep Total How fast can you hit 20 reps per leg?	Workout C: Kettlebell Pistol Squat to Box 5 sets of 5, rest 60 seconds between legs
	<i>3/27-3/31</i>	<i>Did you use any weight?</i>	<i>How much time did it take you?</i>	<i>How much weight did you use?</i>
Week 1				
Week 2				
Week 3				
Week 4				