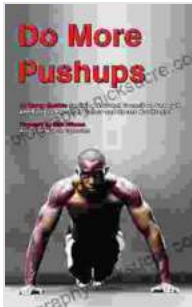


Do More Pushups: Maximum Pushup Workout Guide



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by Barry Rabkin

★★★★☆ 4.1 out of 5

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Pushups are a fundamental bodyweight exercise that effectively engages multiple muscle groups. Whether you're a beginner or a seasoned athlete, improving your pushup count is a worthy fitness goal. This comprehensive guide will provide you with a step-by-step plan to unlock your maximum pushup potential.

Step 1: Master the Basic Pushup

Start by practicing the basic pushup on your knees if needed. Position your hands shoulder-width apart, ensuring your elbows are tucked in. Lower your body by bending your arms while maintaining a straight line from head to heels. Push back up to the starting position while keeping your core engaged.

Tips:

- Keep your back straight throughout the movement.
- Don't let your hips sag or lift too high.
- Focus on squeezing your chest muscles on the way up.

Step 2: Increase Reps and Sets

Once you can comfortably perform 10-15 basic pushups, challenge yourself by gradually increasing the number of reps and sets. Start with 3 sets of 10-12 pushups and aim to add 1-2 reps per week. Rest for 60-90 seconds between sets.

Progression:

- **Beginner:** 3 sets of 10-12 pushups
- **Intermediate:** 3 sets of 15-20 pushups
- **Advanced:** 3 sets of 25 or more pushups

Step 3: Introduce Variations

To further enhance your pushup workout, incorporate variations that target different muscle groups and movement patterns.

Wide-Grip Pushups:

With your hands placed wider than shoulder-width, this variation focuses on the chest and outer shoulders.

Narrow-Grip Pushups:

Hands placed closer than shoulder-width, this variation engages the triceps more effectively.

Declined Pushups:

Position your hands on a slightly elevated surface to increase the resistance, challenging your upper body muscles.

Incline Pushups:

Place your hands on a lowered surface, reducing the resistance and making the exercise more suitable for beginners or individuals with limitations.

Step 4: Advanced Challenges

For those seeking a greater challenge, try these advanced variations:

Diamond Pushups:

Form a diamond shape with your hands and perform pushups, targeting the triceps and chest intensely.

Plyometric Pushups:

Add an explosive element to your pushups by pushing off the ground with enough force to lift your hands off the surface.

Single-Arm Pushups:

Master the balance and strength required to perform pushups using only one arm.

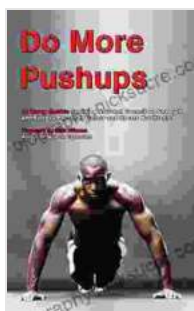
Step 5: Recovery and Nutrition

Remember that recovery and nutrition play a crucial role in progress. Allow your muscles adequate rest and provide them with sufficient protein and carbohydrates to repair and rebuild.

Tips:

- Rest for at least 24 hours between pushup workouts.
- Consume 1.6-2.2 grams of protein per kilogram of body weight daily.
- Ingest complex carbohydrates to fuel your workouts and aid in muscle recovery.

With dedication and consistent effort, you can significantly improve your pushup count and enhance your overall fitness. By following this guide, mastering the basic pushup, increasing reps and sets, incorporating variations, embracing challenges, and prioritizing recovery and nutrition, you'll unlock your maximum pushup potential and achieve your fitness goals.



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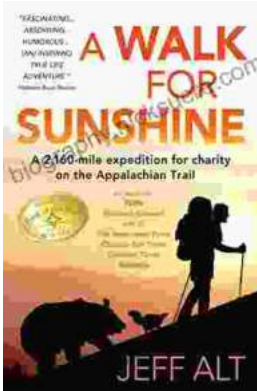
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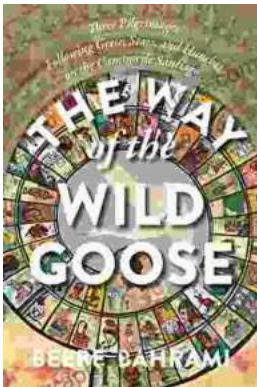
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