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.

WEEK 1 | BUILD THE FOUNDATION

30 DAYS • 540 PRESCRIBED REPS • QUALITY OVER QUANTITY

DAY 01 — 5 PUSH-UPS

Every strong body starts with one good rep. Today is about showing up and building a foundation.

Coach's tip: *Choose a wall, incline, knee, or standard variation you can control.*

DAY 02 — 6 PUSH-UPS

One more rep, one more opportunity to improve. Consistency matters more than speed.

Coach's tip: *Keep your head, hips, and heels or knees aligned.*

DAY 03 — 7 PUSH-UPS

Progress is built in small steps. Seven careful reps beat seven rushed ones.

Coach's tip: *Lower slowly and press upward smoothly.*

DAY 04 — 8 PUSH-UPS

Your effort today is building tomorrow's strength. Stay patient.

Coach's tip: *Use a comfortable range of motion without shoulder pain.*

DAY 05 — 10 PUSH-UPS

Double digits! Celebrate the habit you are creating, not just the number.

Coach's tip: *Divide ten reps into smaller sets if necessary.*

DAY 06 — 10 PUSH-UPS

You are learning to move with purpose. Control is strength.

Coach's tip: *Exhale on the press; do not hold your breath.*

DAY 07 — RECOVERY DAY

Recovery is training, too. Give your body time to adapt.

Coach's tip: *Take an easy walk, hydrate, and prioritize sleep.*

WEEK 2 | BUILD CONFIDENCE

30 DAYS • 540 PRESCRIBED REPS • QUALITY OVER QUANTITY

DAY 08 — 12 PUSH-UPS

A new week is another chance to practice excellent technique.

Coach's tip: *Keep elbows at a comfortable angle instead of flaring straight out.*

DAY 09 — 12 PUSH-UPS

You do not need a perfect workout. You need a sustainable routine.

Coach's tip: *Rest between sets until you can maintain good form.*

DAY 10 — 15 PUSH-UPS

Fifteen quality reps make a stronger foundation than rushed repetitions.

Coach's tip: *Brace your abdomen and avoid sagging hips.*

DAY 11 — 15 PUSH-UPS

Motivation changes. A consistent habit keeps you moving forward.

Coach's tip: *Lower at a steady pace rather than dropping quickly.*

DAY 12 — 18 PUSH-UPS

You have earned every improvement through patience and practice.

Coach's tip: *Stop a set when your technique begins to slip.*

DAY 13 — 18 PUSH-UPS

Your only competition is your previous effort. Make today count.

Coach's tip: *Check that your shoulders and hips rise together.*

DAY 14 — RECOVERY DAY

A well-timed rest day helps you return ready for more.

Coach's tip: *Try gentle mobility and get sufficient sleep.*

WEEK 3 | STAY CONSISTENT

30 DAYS • 540 PRESCRIBED REPS • QUALITY OVER QUANTITY

DAY 15 — 20 PUSH-UPS

Halfway there! Recognize the progress you have made.

Coach's tip: *Compare your control and confidence with Day 1.*

DAY 16 — 20 PUSH-UPS

You are building strength through repetition, not through shortcuts.

Coach's tip: *Use manageable sets to reach the daily target.*

DAY 17 — 22 PUSH-UPS

Keep your focus on the next clean rep, not the entire number.

Coach's tip: *Breathe steadily throughout every set.*

DAY 18 — 22 PUSH-UPS

Showing up when the excitement fades is how habits become durable.

Coach's tip: *Place hands on a stable surface and keep wrists comfortable.*

DAY 19 — 25 PUSH-UPS

Twenty-five reps is a goal, not permission to sacrifice technique.

Coach's tip: *Switch to an easier variation if needed.*

DAY 20 — 25 PUSH-UPS

Consistency and recovery work together. Keep training intelligently.

Coach's tip: *Take extra rest between sets when fatigue builds.*

DAY 21 — RECOVERY DAY

Three weeks of effort deserve thoughtful recovery.

Coach's tip: *Hydrate, eat balanced meals, and allow your muscles to recover.*

FINAL STRETCH | FINISH STRONG

30 DAYS • 540 PRESCRIBED REPS • QUALITY OVER QUANTITY

DAY 22 — 30 PUSH-UPS

Thirty reps today: a bigger target, the same commitment to good form.

Coach's tip: *Try three sets of ten, or smaller sets as needed.*

DAY 23 — 33 PUSH-UPS

You have come far. The goal is progress you can maintain.

Coach's tip: *Break 33 reps into comfortable sets; do not rush.*

DAY 24 — 35 PUSH-UPS

The finish is closer. Stay disciplined about quality, not speed.

Coach's tip: *Choose a modification when the standard version becomes sloppy.*

DAY 25 — 30 PUSH-UPS

Today, control is your greatest achievement. Every clean rep counts.

Coach's tip: *Maintain a straight body line and comfortable depth.*

DAY 26 — 32 PUSH-UPS

The strongest habit is the one you can repeat safely.

Coach's tip: *Take full recovery between sets and keep breathing.*

DAY 27 — 35 PUSH-UPS

Thirty-five reps is a challenge, not a race. Train smart.

Coach's tip: *Stop for pain or unusual symptoms; do not force a target.*

DAY 28 — RECOVERY DAY

Rest today so you can approach the final two days with energy.

Coach's tip: *Choose gentle movement and a good night of sleep.*

DAY 29 — 35 PUSH-UPS

You are almost there. Finish with the same care you started with.

Coach's tip: *Perform 35 controlled reps in as many sets as needed.*

DAY 30 — 40 PUSH-UPS

Thirty days of commitment! Celebrate the discipline, confidence, and technique you have built.

Coach's tip: *Complete up to 40 quality reps; progress matters more than a perfect score.*

YOUR NEXT LEVEL: Continue training with the Superhero 2026 Workout E-Book, now promoted at a discounted price. See current details at **TSFIXANDFIT.NET**.





