

STEP 1 - Wall Push-Ups



STEP 2 - Incline Push-Ups



STEP 3 - Kneeling Push-Ups



STEP 4 - Half Push-Ups



STEP 5 - Full Push-Ups



STEP 6 - Close Push-Ups



STEP 7 - Uneven Push-Ups



STEP 8 - 1/2 One-Arm Push-Ups



STEP 9 - Lever Push-Ups



STEP 10 - One-Arm Push-Ups



#	PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall	1x10	2x25	3x50
2	Incline	1x10	2x20	3x40
3	Kneeling	1x10	2x15	3x30
4	Half	1x8	2x12	2x25
5	Full	1x5	2x10	2x20
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	1/2 One-Arm	1x5	2x10	2x20
9	Lever	1x5	2x10	2x20
10	One-Arm Push-Up	1x5	2x10	1x100