

**HOW TO**

**INCREASE THE NUMBER  
OF CONSECUTIVE**

# **PUSH-UPS**

Perform **3 sets** of push-ups to failure.  
Do it again 3-4 times a week.

## **SET #1**

Perform a set of push-ups to muscle failure, as many as you can do in one go.



Time yourself.  
Rest the amount of time it took you to do the set.

For example: if it took you 20 seconds to do 20 push-ups you will now rest for 20 seconds.

## **SET #2**

Perform the second set of push-ups to muscle failure, as many as you can do and time yourself. Now rest the time it took you to do the second set.

## **SET #3**

Perform the third and last set of push-ups to muscle failure.

