

## Work Out of the Week

### Push-Up Progression

The first step is to find your starting position, i.e., regular, on your knees, high incline on the kitchen counter, or against the wall. Once you find your position, see how many push-ups you can do. That will be your max number.

Now that you have your max number, you're going to take the number and divide it by two, and then do three sets of that final number. For example, if your max number were 30, you would do three sets of 15.

Phase 1: Do three sets of your final number (reference example above.)

Phase 2: Do three sets of your final number, two times a day. If your max was 30 and your final number was 15, you would be doing 90 total push-ups throughout the day (45 in the morning, 45 in the evening.)

Tip: Start your day off with doing phase one. It will put you into an excellent state for the rest of the day.

Whatever thing you're trying to work on or accomplish, remember to find your progressional starting point. A point that pushes you, but also allows you to progress and not get burnt out.

If you want more details on how to find your progressional starting point for cardio, push-ups, and pull-ups, check out my eBook, [Born to be Strong](#). And because you're a Team Collinsworth Newsletter subscriber, you'll save \$10.

