RankTime

FREE PRINTABLE · 4 PAGES

SPLITS · BUILD UP · 30 DAY TRACKER

100 Push-Ups a Day

Four ways to split the 100, where to start from your test, good form, how to keep your joints happy, and a 30 day tracker.

2 The challenge on one page

3 Form, joints and your 30 day tracker

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/100-pushups-a-day/
Made by RankTime, the workout timer that counts your reps.

THE CHALLENGE

100 push-ups a day

PART	100 A DAY
Reps	100 push-ups a day
Sets	As many as you need
Time	5 to 15 minutes
Equipment	None
Usual length	30 days, or as long as you keep the habit

What it does: more push-ups in one set, a stronger chest, shoulders, triceps and core, some muscle if you are new, and a habit that sticks.

What it does not: burn much fat on its own, or train your back and legs.

How to split the 100

BEST START

20 sets of 5

30 seconds of rest. Every set stays easy, so form stays clean. RankTime's default.

NEXT STEP

10 sets of 10

Fewer, harder sets, once your best single set is past 20.

THROUGH THE DAY

10 every hour or so

Never close to failure. Greasing the groove.

A LADDER

5, 10, 15, 20, 20, 15, 10, 5

Exactly 100. Big sets in the middle, small ones to finish clean.

Where to start: test your best set first

BEST SET	START WITH
Fewer than 10	50 a day in sets of 5, incline when needed (bench, table, wall). Add 10 reps a week until you reach 100.
10 to 25	100 a day in sets of 5, with 30 to 60 seconds of rest.
25 to 40	100 a day in sets of 10. When that feels easy, cut the rest.
More than 40	Sets of 20 to 25, or harder reps: lower slowly, pause, feet on a step.

DO IT WELL

30 day tracker

Good form

- Hands just wider than your shoulders.
- One straight line from head to heels.
- Elbows at about 45 degrees.
- Chest close to the floor, arms straight at the top.

Keep your joints happy

- A joint hurts? Take the day off.
- Change your hand position, or use handles.
- Balance it with rows or pull-ups.
- Sleep and eat enough.

Test day 1 _____ Day 15 _____ Day 30 _____ My split _____

Day 1 ☐ reps	**Day 2** ☐ reps	**Day 3** ☐ reps	**Day 4** ☐ reps	**Day 5** ☐ reps	**Day 6** ☐ reps
Day 7 ☐ reps	**Day 8** ☐ reps	**Day 9** ☐ reps	**Day 10** ☐ reps	**Day 11** ☐ reps	**Day 12** ☐ reps
Day 13 ☐ reps	**Day 14** ☐ reps	**Day 15** ☐ reps	**Day 16** ☐ reps	**Day 17** ☐ reps	**Day 18** ☐ reps
Day 19 ☐ reps	**Day 20** ☐ reps	**Day 21** ☐ reps	**Day 22** ☐ reps	**Day 23** ☐ reps	**Day 24** ☐ reps
Day 25 ☐ reps	**Day 26** ☐ reps	**Day 27** ☐ reps	**Day 28** ☐ reps	**Day 29** ☐ reps	**Day 30** ☐ reps

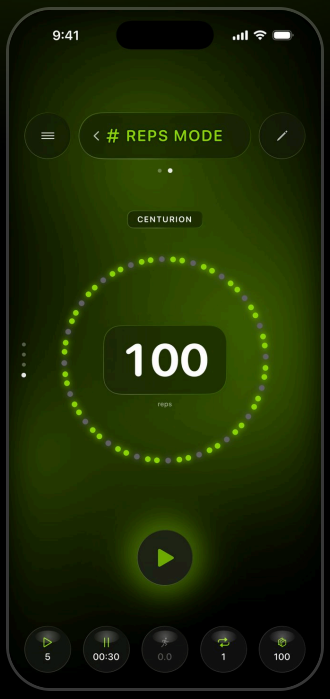
Best set going up every two weeks? The plan works. Going down, or a joint aches? Drop the daily number for a week, then build back up. A shoulder, elbow or wrist injury, or a heart condition: check with a doctor or physical therapist first.

RankTime

TRAIN IT WITH RANKTIME

Do your 100 with RankTime

CENTURION is ready in REPS mode: 100 push-ups in sets of 5. The camera counts, and the rest starts on its own.



CENTURION: one dot per push-up.



Lime means push.



Every push-up counts toward your rank.

1. Swipe to REPS mode, then up or down to CENTURION.
2. Prop the phone about 2 m (6 ft) away, whole body in the frame.
3. Press play. Each set's rest starts on its own when you finish it.
4. Want 10 x 10? Change the reps per set circle. Or switch it to Ladder.

- The camera counts your reps on the phone itself. Nothing is uploaded.
- Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone