

BEGINNER

Set pause: 3-4 min

**NORMAL
SET**

Pike pushups

- 1 3 repetitions
- 2 3 repetitions
- 3 3 repetitions

Set pause: 3-4 min

**NORMAL
SET**

Diamond pushups

- 1 5 repetitions
- 2 5 repetitions
- 3 5 repetitions

Set pause: 3-4 min

**NORMAL
SET**

Shoulder tap pushups

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions

Set pause: 2-3 min

SUPERSET

Wide tempo pushups (slowly down, quickly up)

- 1 4 repetitions
- 2 4 repetitions
- 3 4 repetitions

Tuck HLL

- 1 7 repetitions
- 2 7 repetitions
- 3 7 repetitions