

100 Pushups 루틴 정리

(상세 설명 : Hundredpushups.com)

- 다음 주차 수행이 어려운 경우 전 주차로 돌아가서 다시 반복해 줍니다. 주차가 넘어가기까지는 최대 3주가 소요될 수 있으며 이는 개인차입니다.
- Hundred Pushups는 상당히 고강도의 트레이닝 프로그램입니다. 운동 수행 중 통증이 느껴지거나 자극이 분산되는 경우 바로 멈추고 휴식을 취하며, 자세를 되짚어 봅니다.
- 최대 수행 개수 측정은 주차의 마지막 날인 일요일을 권장합니다.
- 주당 3일 훈련하는 프로그램이므로, 격일로 진행하면 좋습니다.
- 자세한 내용은 위 홈페이지에 있습니다. 헬마드 구독자 여러분 득근하세요!

WEEK 1

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	< 5	6-10	11-20
SET 1	2	6	10
SET 2	3	6	12
SET 3	2	4	7
SET 4	2	4	7
SET 5	3+	5+	9+
DAY 2			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	< 5	6-10	11-20
SET 1	3	6	10
SET 2	4	8	12
SET 3	2	6	8
SET 4	3	6	8
SET 5	4+	7+	12+
DAY 3			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	< 5	6-10	11-20
SET 1	4	8	11
SET 2	5	10	15
SET 3	4	7	9
SET 4	4	7	9
SET 5	5+	10+	13+

WEEK 2

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	< 5	6-10	11-20
SET 1	4	9	14
SET 2	6	11	14
SET 3	4	8	10
SET 4	4	8	10
SET 5	6+	11+	15+
DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	< 5	6-10	11-20
SET 1	5	10	14
SET 2	6	12	16
SET 3	4	9	12
SET 4	4	9	12
SET 5	7+	13+	17+
DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	< 5	6-10	11-20
SET 1	5	12	16
SET 2	7	13	17
SET 3	5	10	14
SET 4	5	10	14
SET 5	8+	15+	20+

WEEK 3

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	16-20	21-25	>25
SET 1	10	12	14
SET 2	12	17	18
SET 3	7	13	14
SET 4	7	13	14
SET 5	9+	17+	20+
DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	16-20	21-25	>25
SET 1	10	14	20
SET 2	12	19	25
SET 3	8	14	15
SET 4	8	14	15
SET 5	12+	19+	25+
DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	16-20	21-25	>25
SET 1	11	16	22
SET 2	13	21	30
SET 3	9	15	20
SET 4	9	15	20
SET 5	13+	21+	28+

WEEK 4

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	16-20	21-25	>25
SET 1	12	18	21
SET 2	14	22	25
SET 3	11	16	21
SET 4	10	16	21
SET 5	16+	25+	32+
DAY 2			
REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	16-20	21-25	>25
SET 1	14	20	25
SET 2	16	25	29
SET 3	12	20	25
SET 4	12	20	25
SET 5	18+	28+	36+
DAY 3			
REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	16-20	21-25	>25
SET 1	16	23	29
SET 2	18	28	33
SET 3	13	23	29
SET 4	13	23	29
SET 5	20+	33+	40+

WEEK 5

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	31-35	36-40	>40
SET 1	17	28	36
SET 2	19	35	40
SET 3	15	25	30
SET 4	15	22	24
SET 5	20+	35+	40+
DAY 2			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	31-35	36-40	>40
SET 1	10	18	19
SET 2	10	18	19
SET 3	13	20	22
SET 4	13	20	22
SET 5	10	14	18
SET 6	10	14	18
SET 7	9	16	22
SET 8	25+	40+	45+
DAY 3			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	31-35	36-40	>40
SET 1	13	18	20
SET 2	13	18	20
SET 3	15	20	24
SET 4	15	20	24
SET 5	12	17	20
SET 6	12	17	20
SET 7	10	20	22
SET 8	30+	45+	50+

WEEK 6

DAY 1			
REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	46-50	51-60	>60
SET 1	25	40	45
SET 2	30	50	55
SET 3	20	25	35
SET 4	15	25	30
SET 5	40+	50+	55+
DAY 2			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	46-50	51-60	>60
SET 1	14	20	22
SET 2	14	20	22
SET 3	15	23	30
SET 4	15	23	30
SET 5	14	20	24
SET 6	14	20	24
SET 7	10	18	18
SET 8	10	18	18
SET 9	44+	53+	58+
DAY 3			
REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
PUSHUPS	46-50	51-60	>60
SET 1	13	22	26
SET 2	13	22	26
SET 3	17	30	33
SET 4	17	30	33
SET 5	16	25	26
SET 6	16	25	26
SET 7	14	18	22
SET 8	14	18	22
SET 9	50+	55+	60+