

wk 4: pick the same column as you did in week 3

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

week 5: pick the appropriate column depending on your latest test results

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

week 6: pick the appropriate column depending on your latest test results

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



the hundred push ups training program

Steve Speirs  
hundredpushups.com

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

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

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

week 3: pick the appropriate column depending on your latest test results

week 2: pick the same column as you did in week 1

week 1: pick the appropriate column depending on your initial test results

RANK	number of push ups performed		
	0 - 5	6 - 10	11 - 19
1	0 - 5	6 - 10	11 - 19
2	6 - 14	6 - 12	13 - 24
3	15 - 20	13 - 24	11 - 19
4	30 - 49	25 - 44	20 - 34
5	50 - 99	45 - 74	35 - 64
6	100 - 150	75 - 124	65 - 99
7	150 & above	125 & above	100 & above

Initial test: the road to one hundred push ups

Level 4: Amateur									
Week 1				Week 2					
Type	Rest	Day 1	Day 2	Day 3	Type	Rest	Day 1	Day 2	Day 3
Pull Ups	: 90	7	8	7	Pull Ups	: 90	9	8	9
Chin Ups	: 90	8	8	8	Chin Ups	: 90	8	9	9
Pull Ups	: 90	7	7	8	Pull Ups	: 90	7	8	8
Chin Ups	: 90	5	7	7	Chin Ups	: 90	6	7	8
Pull Ups	: 90	5	4	5	Pull Ups	: 90	6	5	6
Week 3				Week 4					
Pull Ups	: 90	10	9	9	Pull Ups	: 90	10	10	10
Chin Ups	: 90	8	10	10	Chin Ups	: 90	9	10	10
Pull Ups	: 90	7	8	9	Pull Ups	: 90	9	9	9
Chin Ups	: 90	6	7	7	Chin Ups	: 90	7	7	8
Pull Ups	: 90	6	5	6	Pull Ups	: 90	6	5	6
Week 5				Week 6					
Pull Ups	: 90	10	10	10	Pull Ups	: 90	10	10	10
Chin Ups	: 90	10	10	9	Chin Ups	: 90	10	10	9
Pull Ups	: 90	9	9	10	Pull Ups	: 90	9	9	10
Chin Ups	: 90	9	9	9	Chin Ups	: 90	9	9	9
Pull Ups	: 90	8	9	9	Pull Ups	: 90	8	9	9

**Amateur Test:** After a full day's rest from Week 5 Day 3, re-take the max pull-up test; you should be able to well over 15, most folks at this point can knock out over 20!

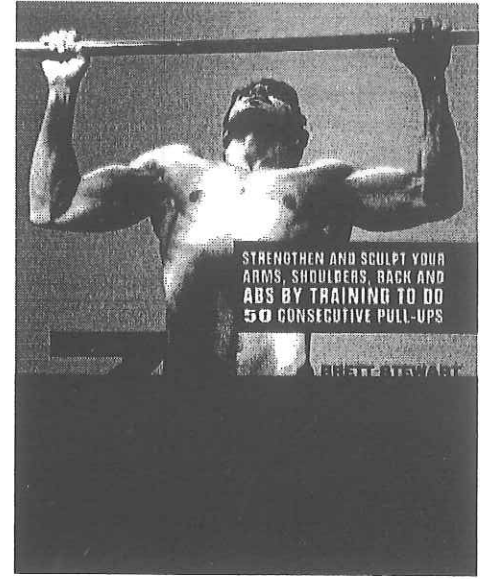
Level 5: Pro									
Week 1				Week 2					
Type	Rest	Day 1	Day 2	Day 3	Type	Rest	Day 1	Day 2	Day 3
Pull Ups	: 90	12	12	13	Pull Ups	: 90	15	15	14
Chin Ups	: 90	10	10	10	Chin Ups	: 90	11	12	13
Pull Ups	: 90	9	10	10	Pull Ups	: 90	10	11	12
Chin Ups	: 90	9	9	9	Chin Ups	: 90	9	9	11
Pull Ups	: 90	8	9	8	Pull Ups	: 90	8	8	9
Week 3				Week 4					
Pull Ups	: 90	15	15	14	Pull Ups	: 90	17	14	19
Chin Ups	: 90	14	14	14	Chin Ups	: 90	10	19	13
Pull Ups	: 90	10	11	14	Pull Ups	: 90	16	11	14
Chin Ups	: 90	12	13	12	Chin Ups	: 90	10	13	13
Pull Ups	: 90	10	10	11	Pull Ups	: 90	14	9	11
Week 5				Week 6					
Pull Ups	: 90	22	24	26	Pull Ups	: 90	30	33	35
Chin Ups	: 90	13	10	10	Chin Ups	: 90	15	16	10
Pull Ups	: 90	11	11	11	Pull Ups	: 90	10	11	11
Chin Ups	: 90	10	13	10	Chin Ups	: 90	15	13	10
Pull Ups	: 90	max	max	max	Pull Ups	: 90	max	max	max
Week 7				Week 8					
Pull Ups	: 90	30	34	35	Pull Ups	: 90	30	34	35
Stretch					Stretch				
Chin Ups	: 90	22	20	24	Chin Ups	: 90	22	20	24
Stretch					Stretch				
Pull Ups	: 90	max	max	max	Pull Ups	: 90	max	max	max

**Fifty Pull Up Test:** This is the big kahuna - it's what you trained for for several weeks. Make sure to take at least 3 full days of rest and light stretching to prepare. Some athletes take 3-5 days off and do a few easy sets the 3rd "rest" day to keep loose.

Mentally prepare for success; visualize yourself knocking out effortless rep after rep. Hydrate, warm up, stretch, focus and **ROCK THE TEST!**

Don't get discouraged if you don't hit 50 in the first attempt, it's an audaciously high target!  
 - If you get over 45, you should take 2-3 full days rest and try the test again when you're fully prepared.  
 - If you did less than 45 you should repeat week 7 until the max number in set 3 is even with the first set of reps. Then rest and take the test again!  
 - If you hit 50 (or more!) you are an ANIMAL! Congratulations on all your hard work and your awesome achievement!

# Pocket Companion to



STRENGTHEN AND SCULPT YOUR ARMS, SHOULDERS, BACK AND ABS BY TRAINING TO DO 50 CONSECUTIVE PULL-UPS

www.fiftypullups.com

Level 3: Varsity									
Week 1				Week 2					
Type	Rest	Day 1	Day 2	Day 3	Type	Rest	Day 1	Day 2	Day 3
Pull Ups	: 90	3	3	4	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	: 90	4	4	4	Chin Ups	: 90	4	4	4
Pull Ups	: 90	3	3	3	Pull Ups	: 90	3	3	3
Chin Ups	:								



k 4: pick the same column as you did in week 3

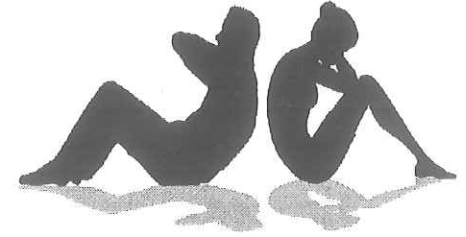
DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	21 - 30 sit-ups	31 - 40 sit-ups	> 40 sit-ups
SET 1	18	27	32
SET 2	21	33	38
SET 3	17	24	32
SET 4	15	24	32
SET 5	max (at least 24)	max (at least 38)	max (at least 48)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	21	30	38
SET 2	24	38	45
SET 3	18	30	38
SET 4	18	30	38
SET 5	max (at least 27)	max (at least 42)	max (at least 54)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	24	35	45
SET 2	27	42	50
SET 3	20	35	45
SET 4	20	35	45
SET 5	max (at least 30)	max (at least 50)	max (at least 60)
PROGRESS TEST			

week 5: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	41 - 50 sit-ups	51 - 60 sit-ups	> 60 sit-ups
SET 1	26	42	54
SET 2	30	52	60
SET 3	23	38	45
SET 4	23	33	36
SET 5	max (at least 30)	max (at least 52)	max (at least 60)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	15	27	30
SET 3&4	20	30	36
SET 5&6	15	21	27
SET 7	15	24	33
SET 8	max (at least 38)	max (at least 60)	max (at least 70)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	18	26	30
SET 3&4	22	30	36
SET 5&6	18	26	30
SET 7	15	30	40
SET 8	max (at least 45)	max (at least 67)	max (at least 75)
PROGRESS TEST			

week 6: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	75 - 90 sit-ups	91 - 110 sit-ups	> 110 sit-ups
SET 1	38	60	70
SET 2	45	75	85
SET 3	30	38	52
SET 4	22	35	45
SET 5	max (at least 60)	max (at least 75)	max (at least 85)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	21	30	33
SET 3&4	23	35	45
SET 5&6	21	30	36
SET 7&8	15	27	32
SET 9	max (at least 66)	max (at least 80)	max (at least 90)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	20	33	39
SET 3&4	26	45	50
SET 5&6	24	34	39
SET 7&8	21	27	33
SET 9	max (at least 75)	max (at least 90)	max (at least 105)
FINAL TEST			



# twohundredsitups

the two hundred sit-ups training program

Steve Speirs

twohundredsitups.com

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	> 40 sit-ups	31 - 40 sit-ups	21 - 30 sit-ups
SET 1	21	15	30
SET 2	27	18	38
SET 3	21	12	23
SET 4	21	12	23
SET 5	max (at least 30)	max (at least 19)	max (at least 25)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	15	21	30
SET 2	18	28	38
SET 3	12	21	23
SET 4	12	21	23
SET 5	max (at least 18)	max (at least 10)	max (at least 38)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	17	24	33
SET 2	20	28	42
SET 3	14	23	30
SET 4	14	23	30
SET 5	max (at least 20)	max (at least 32)	max (at least 45)

week 3: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 sit-ups	11 - 20 sit-ups	21 - 30 sit-ups
SET 1	6	14	21
SET 2	9	17	21
SET 3	6	12	15
SET 4	6	12	15
SET 5	max (at least 9)	max (at least 17)	max (at least 22)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	7	15	21
SET 2	9	18	24
SET 3	6	14	18
SET 4	6	14	18
SET 5	max (at least 11)	max (at least 20)	max (at least 26)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	8	18	24
SET 2	12	20	25
SET 3	8	15	21
SET 4	8	15	21
SET 5	max (at least 12)	max (at least 22)	max (at least 28)

week 2: pick the same column as you did in week 1

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 sit-ups	11 - 20 sit-ups	21 - 30 sit-ups
SET 1	3	9	15
SET 2	4	12	18
SET 3	3	9	15
SET 4	5	9	15
SET 5	max (at least 6)	max (at least 10)	max (at least 18)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	12	15
SET 2	6	12	18
SET 3	3	9	15
SET 4	5	9	15
SET 5	max (at least 8)	max (at least 15)	max (at least 20)

week 1: pick the appropriate column depending on your initial test results

RANK	number of sit-ups performed		
	over 71	59 - 76	47 - 61
excellent	over 76	59 - 76	47 - 61
good	50 - 58	46 - 51	37 - 46
average	40 - 49	38 - 45	25 - 36
poor	0 - 39	0 - 37	0 - 24

initial test: the road to two hundred sit-ups

< 30 YEARS    30 - 39 YEARS    > 40 YEARS

week 4: pick the same column as you did in week 3

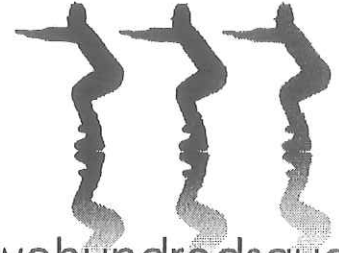
DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	21 - 30 squats	31 - 40 squats	> 40 squats
SET 1	16	24	29
SET 2	19	30	34
SET 3	15	22	29
SET 4	13	22	29
SET 5	max (at least 22)	max (at least 34)	max (at least 43)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	19	27	34
SET 2	22	34	40
SET 3	16	27	34
SET 4	16	27	34
SET 5	max (at least 24)	max (at least 38)	max (at least 49)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	22	31	40
SET 2	24	38	45
SET 3	18	31	40
SET 4	18	31	40
SET 5	max (at least 27)	max (at least 45)	max (at least 54)
PROGRESS TEST			

week 5: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	41 - 50 squats	51 - 60 squats	> 60 squats
SET 1	23	38	49
SET 2	27	47	54
SET 3	21	34	40
SET 4	21	30	32
SET 5	max (at least 27)	max (at least 47)	max (at least 54)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	13	24	27
SET 3&4	18	27	32
SET 5&6	13	19	24
SET 7	13	22	30
SET 8	max (at least 34)	max (at least 54)	max (at least 63)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	16	23	27
SET 3&4	20	27	32
SET 5&6	16	23	27
SET 7	13	27	36
SET 8	max (at least 40)	max (at least 60)	max (at least 67)
PROGRESS TEST			

week 6: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	75 - 90 squats	91 - 110 squats	> 110 squats
SET 1	34	54	63
SET 2	40	67	76
SET 3	27	34	47
SET 4	20	31	40
SET 5	max (at least 54)	max (at least 67)	max (at least 76)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	19	27	30
SET 3&4	21	31	40
SET 5&6	19	27	32
SET 7&8	13	24	29
SET 9	max (at least 59)	max (at least 72)	max (at least 81)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	18	30	35
SET 3&4	23	40	45
SET 5&6	22	31	35
SET 7&8	19	24	30
SET 9	max (at least 67)	max (at least 81)	max (at least 100)
FINAL TEST			



# twohundredsquats

the two hundred squats training program

Steve Speirs

twohundredsquats.com

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	21 - 30 squats	31 - 40 squats	> 40 squats
SET 1	13	16	19
SET 2	22	22	24
SET 3	10	10	17
SET 4	17	17	19
SET 5	max (at least 22)	max (at least 33)	max (at least 27)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	13	16	19
SET 2	22	22	24
SET 3	10	10	17
SET 4	17	17	19
SET 5	max (at least 22)	max (at least 33)	max (at least 27)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	15	15	22
SET 2	29	18	38
SET 3	20	13	27
SET 4	21	13	27
SET 5	max (at least 29)	max (at least 18)	max (at least 40)

week 3: pick the appropriate column on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 squats	11 - 20 squats	21 - 30 squats
SET 1	13	13	19
SET 2	8	15	19
SET 3	5	11	13
SET 4	5	11	13
SET 5	max (at least 8)	max (at least 15)	max (at least 20)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6	13	19
SET 2	8	16	22
SET 3	5	13	16
SET 4	5	13	16
SET 5	max (at least 10)	max (at least 18)	max (at least 23)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	7	16	22
SET 2	11	18	22
SET 3	7	13	19
SET 4	7	13	19
SET 5	max (at least 11)	max (at least 21)	max (at least 27)
PROGRESS TEST			

week 2: pick the same column as you did in week 1

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 squats	11 - 20 squats	21 - 30 squats
SET 1	3	8	13
SET 2	4	8	16
SET 3	3	8	13
SET 4	5	8	13
SET 5	max (at least 5)	max (at least 9)	max (at least 16)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	8	13
SET 2	5	11	16
SET 3	3	8	13
SET 4	5	8	13
SET 5	max (at least 7)	max (at least 12)	max (at least 18)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	11	15
SET 2	6	13	20
SET 3	5	10	13
SET 4	5	10	13
SET 5	max (at least 12)	max (at least 19)	max (at least 27)

week 1: pick the appropriate column depending on your initial test results

RANK	number of squats performed		
	excellent	over 99	over 81
very good	44 - 49	36 - 41	26 - 31
good	36 - 43	28 - 35	20 - 25
average	26 - 35	19 - 27	15 - 19
poor	0 - 25	0 - 19	0 - 15

initial test: the road to two hundred squats

< 30 YEARS	30 - 39 YEARS	> 40 YEARS
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