



**BRUIN  
P.A.W.S.**

# PERFECT THE PUSHUP IN 30 DAYS (Level ALL)

This 30 day protocol is perfect for those looking to improve their push up and upper body & core strength. Work out while you work. Become an #ActiveBruin!

*\*\*Click on activity name to view a video example\*\**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>Floor Press</b> Up to 8 reps  <b>Plank</b> Up to 30 secs	<b>Towel Pull Aparts</b> Up to 8 reps  <b>Cat/Cow</b> Up to 30 secs	<b>Wall/Desk/Floor Push Ups</b> Up to 8 reps  <b>Deadbug</b> Up to 30 secs	<b>Hip Bridge</b> Up to 10 reps  <b>Pec Roll</b> Up to 30 secs each	<b>Chest Fly</b> Up to 8 reps  <b>Bird Dog</b> Up to 30 secs
<b>WEEK 2</b>	<b>Skull Crushers</b> Up to 8 reps  <b>Side Plank</b> Up to 20 secs	<b>I's, Y's, T's</b> Up to 8 reps  <b>T-Spine Rotation</b> Up to 20 secs each	<b>Negative Push Ups</b> Up to 5 reps  <b>Hollow Hold</b> Up to 30 secs	<b>Single Leg Hip Bridge</b> Up to 8 reps each  <b>Trap Roll</b> Up to 30 secs each	<b>Reverse Fly</b> Up to 8 reps  <b>Table Top Hold</b> Up to 30 secs
<b>WEEK 3</b>	<b>Floor Press</b> Up to 12 reps  <b>Plank</b> Up to 50 secs	<b>Towel Pull Aparts</b> Up to 12 reps  <b>Cat/Cow</b> Up to 40 secs	<b>Wall/Desk/Floor Push Ups</b> Up to 10 reps  <b>Deadbug</b> Up to 45 secs	<b>Hip Bridge</b> Up to 15 reps  <b>Pec Roll</b> Up to 40 secs each	<b>Chest Fly</b> Up to 12 reps  <b>Bird Dog</b> Up to 40 secs
<b>WEEK 4</b>	<b>Skull Crushers</b> Up to 12 reps  <b>Side Plank</b> Up to 40 secs	<b>I's, Y's, T's</b> Up to 12 reps  <b>T-Spine Rotation</b> Up to 30 secs each	<b>Negative Push Ups</b> Up to 6 reps  <b>Hollow Hold</b> Up to 45 secs	<b>Single Leg Hip Bridge</b> Up to 12 reps each  <b>Trap Roll</b> Up to 40 secs each	<b>Reverse Fly</b> Up to 12 reps  <b>Table Top Hold</b> Up to 40 secs

**Repetitions per set:** Perform as many reps as you can with good form "up to" the target number for that day.

**Sets per day:** Perform 4-8 sets of the repetitions assigned for that day. Space out the sets over your day. (Example: 10am, 12pm, 2pm, and 4pm, etc.) Beginners should start with fewer sets.

**Missing your Cardio?** Feel free to add 30-60 seconds of cardio activity to any of your movement breaks.

**Low Impact Cardio examples:** Walk, March In Place, Butt Kickers, Step Side to Side, Low Impact Jack

**High Impact Cardio examples:** High Knees, Butt Kickers, Hop side to side, Jumping Jack, Run in place, Football Feet, Jump rope

The remaining 10 days of the month are "Free Days". Go for a walk, mix and match your favorite exercises, or take a REST day.

*Safety Reminder: Exercise should not be painful. If you feel sharp pain in a joint or muscle, stop. Perform a pain free alternative. Tired muscles while doing exercise or right after exercise are typically normal.*

**What's next?** Move on to another monthly Bruin PAWS calendar and KEEP MOVING! [recreation.ucla.edu/paws](https://recreation.ucla.edu/paws)