IMPROVE YOUR PUSH-UPS

A plan for standard and hand-release push-ups in a timed test.

KNOW YOUR BRANCH'S RULES

- Learn exactly what counts as a correct rep for your test, including the hand-release standard if your branch uses it
- Rest only in the positions your branch allows

WEEKLY PLAN

Method	How
Greasing the groove	Several sets a day at about half your max, spread through the day
Max day (2 per week)	One all-out set, then 3 sets to near failure with 2 minutes rest
Strength (1 to 2 per week)	Bench or dumbbell press and triceps dips, 3 to 4 sets of 6 to 10

PACING IN A TIMED TEST

- Find a steady cadence you can hold rather than sprinting the first 20 seconds
- Practice full timed sets once a week so the clock feels familiar

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militaryfitness.org/

Veteran career resources
hireaveteran.org/

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