

THE 100 PUSH-UPS CHALLENGE

by Thomas Smith

DEFINITION - WHAT IS THE 100 PUSH-UPS CHALLENGE?

A 30-day progressive plan to complete 100 push-ups daily, building physical strength, mental toughness, and consistent habits through structured weekly stages.

THE JOURNEY: WEEK-BY-WEEK BREAKDOWN

WEEK 1: FINDING YOUR FOOTING

The first step is always the hardest. In the early days, the push-ups felt invigorating - until reality hit. That familiar tightness and soreness crept into the chest, triceps, and surprisingly, the core. This week was about building honesty and commitment rather than chasing personal records.

Strategy: Break up the 100 reps throughout the day into manageable sets. Morning, midday, evening, before bed - consistency beats intensity at this stage.

WEEK 2: BUILDING THE HABIT

By the second week, the soreness started to fade, replaced by a growing sense of strength. 100 push-ups no longer felt like a mountain; it felt like daily maintenance.

The body adjusted, and mentally, the daily ritual became automatic - no longer a question of "if" but "when." The grind transformed into a groove.

Strategy: Consolidate the sets to challenge muscular endurance while nurturing the momentum built in week one.

WEEK 3: PUSHING THE LIMITS

The foundation was set - time to level up.

Instead of casually spreading sets across the day, the goal now was to complete the 100 push-ups in as few sets as possible. This added a whole new layer of challenge, forcing the body to endure longer periods of fatigue and develop true muscular stamina.

Strategy: Bigger, deeper sets. Sets of 25 or even 30 reps became the new target. It was no longer about survival - it was about domination.

WEEK 4: REAPING THE REWARDS

Entering the final stretch, the changes were undeniable.

Physically, the chest, arms, and shoulders looked tighter and more defined.

Mentally, there was a boost in energy, focus, and discipline that spilled into other areas of life.

The 100 push-ups a day were no longer just an exercise - they were a symbol of momentum, resilience, and strength.

Strategy: Attack the 100 reps in the fewest sets possible and chase a personal best every single day.

THE PROGRESSION PLAN

WEEK 1: 10 SETS OF 10 (10×10)

- Focus: Build the habit, perfect your form.
- How to Split: Spread sets throughout the day (morning, midday, evening, night).
- Goal: Teach your body and mind that daily movement is non-negotiable.

WEEK 2: 5 SETS OF 20 (5×20)

- Focus: Increase endurance, tighten rest periods.
- How to Split: Complete sets in one or two larger blocks (e.g., morning and evening).
- Goal: Condition the body to perform longer sets without sacrificing form.

WEEK 3: 4 SETS OF 25 (4×25)

- Focus: Push stamina, enhance muscular time under tension.
- How to Split: Complete sets within a single dedicated workout session if possible.
- Goal: Train your body to tolerate fatigue and maintain strong form throughout.

WEEK 4: AS FEW SETS AS POSSIBLE

- Focus: Maximize efficiency, test your limits.
- How to Split: Attempt huge sets - aim for 2×50, 1×50 + 2×25, or 3×33 + 1 - whatever pushes your threshold.
- Goal: Finish 100 push-ups in one set within 28 days.

REMEMBER: IF YOU COMPLETE 100 PUSHUPS EACH DAY FOR 28 CONSECUTIVE DAYS, YOU WILL HAVE ACHIEVED A TOTAL OF 2,800 PUSHUPS BY THE END OF THE CHALLENGE.