

## THRUST AND PUSH WORKOUT

by Thomas Smith

Thusting and pressing movements build explosive power, endurance, and upper-body strength. This routine combines a dynamic lower-body movement with an upper-body press to challenge your cardiovascular system and muscular endurance.

### Beginner:

Do 20 Squat Thrusts + 20 Push-Ups  
Do 15 Squat Thrusts + 15 Push-Ups  
Do 10 Squat Thrusts + 10 Push-Ups  
Do 05 Squat Thrusts + 05 Push-Ups

### Intermediate:

Do 30 Squat Thrusts + 30 Push-Ups  
Do 25 Squat Thrusts + 25 Push-Ups  
Do 20 Squat Thrusts + 20 Push-Ups  
Do 15 Squat Thrusts + 15 Push-Ups  
NOTE: (Keep going until you reach 5)

### Advanced:

Do 50 Squat Thrusts + 50 Push-Ups  
Do 45 Squat Thrusts + 45 Push-Ups  
Do 40 Squat Thrusts + 40 Push-Ups  
Do 35 Squat Thrusts + 35 Push-Ups  
NOTE: (Keep going until you reach 5)

### Benefits of This Workout:

- Improves fast-twitch muscle fibers for speed and power.
- Builds Muscular Endurance.
- Improves Cardiovascular Health.
- Engages multiple muscle groups for fat-burning efficiency.