

16 days

KNEES TO TOES

LES MILLS



BECOME A PUSH-UP PRO

Before you start: Practice push-ups on your knees and make sure you've got the technique right. Remember a full range push-up is when you reach a 90° angle at your elbow. When you do half range push-ups you don't drop down so deep.

01

4 full range push-ups on knees
12 half range push-ups on knees

02

6 full range push-ups on knees
10 half range push-ups on knees

03

8 full range push-ups on knees
8 half range push-ups on knees

04

10 full range push-ups on knees
6 half range push-ups on knees

05

12 full range push-ups on knees
4 half range push-ups on knees

06

14 full range push-ups on knees
2 half range push-ups on knees

07

16 full range push-ups on knees

08

16 full range push-ups on knees
(a little faster than day 7)

09

2 push-ups on toes
14 push-ups on knees

10

2 push-ups on toes
at least 14 push-ups on knees
(more if you can)

11

4 push-ups on toes
12 push-ups on knees

12

4 push-ups on toes
at least 12 push-ups on knees
(more if you can)

13

6 push-ups on toes
10 push-ups on knees

14

6 push-ups on toes
at least 10 push-ups on knees

15

8 push-ups on toes
8 push-ups on knees

16

16 push-ups in total
as many as you can on toes

Tip: Take breaks whenever you need to, but aim to complete the day's repetitions within a five minute time frame.

Tip: Try to do your daily push-ups at approximately the same time each day.