100 Push-Ups a Day Challenge

Training guide

Adapt for your fitness level

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge to suit you. However you choose to tackle your 100 push-ups each day, you'll be helping us to power progress.

Ease your way in

Gradually build up the number of push-ups you complete in each go throughout the month. Why not find out how many and even what time of day works for you before the challenge begins?

Make a plan

Use your challenge calendar to plan when you'll be completing your 100 push-ups a day, whether that's all in one go or split throughout the day.

Team up

Doing your push-ups in a group will inspire you to complete more than you might on your own. Whether you complete the push-ups together or individually, encourage others to join in the challenge too!

Fuel those push-ups

Make sure you've got enough fuel to clock up those push-ups by eating a healthy and nutritious diet. For more information, visit **cruk.org/diet**

Get the gear

You don't need any specialist equipment to do a push-up, but a comfortable pair of trainers and a training mat can help.

Keep hydrated

Make sure you drink enough water before and after your push-ups.