

week 4: pick the same column as you did in week 3

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	20 - 26 dips	27 - 32 dips	> 32 dips
SET 1	15	23	27
SET 2	18	28	32
SET 3	14	20	27
SET 4	13	20	27
SET 5	max (at least 20)	max (at least 32)	max (at least 40)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	18	26	32
SET 2	20	32	37
SET 3	15	26	32
SET 4	15	26	32
SET 5	max (at least 23)	max (at least 36)	max (at least 46)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	20	30	37
SET 2	23	36	42
SET 3	21	30	37
SET 4	21	30	37
SET 5	max (at least 26)	max (at least 42)	max (at least 52)
PROGRESS TEST			

week 5: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	40 - 45 dips	46 - 52 dips	> 52 dips
SET 1	22	36	46
SET 2	24	45	52
SET 3	19	32	39
SET 4	19	28	31
SET 5	max (at least 26)	max (at least 35)	max (at least 52)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	13	23	24
SET 3&4	17	26	24
SET 5&6	13	18	23
SET 7	12	20	28
SET 8	max (at least 32)	max (at least 52)	max (at least 58)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	17	23	26
SET 3&4	19	26	31
SET 5&6	15	22	26
SET 7	13	26	28
SET 8	max (at least 39)	max (at least 58)	max (at least 65)
PROGRESS TEST			

week 6: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	60 - 65 dips	66 - 78 dips	> 79 dips
SET 1	32	47	55
SET 2	39	60	65
SET 3	26	30	45
SET 4	19	32	39
SET 5	max (at least 52)	max (at least 65)	max (at least 70)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	18	26	28
SET 3&4	19	30	39
SET 5&6	18	26	31
ØH+	13	23	23
ØH,	max (at least 57)	max (at least 69)	max (at least 75)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	17	28	33
SET 3&4	22	39	43
SET 5&6	20	32	34
ØH+	18	23	28
ØH,	max (at least 65)	max (at least 70)	max (at least 80)
FINAL TEST			



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DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	> 32 dips	20 - 26 dips	27 - 32 dips
SET 1	18	13	15
SET 2	23	15	22
SET 3	18	17	17
SET 4	18	17	17
SET 5	max (at least 26)	max (at least 22)	max (at least 22)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	13	18	13
SET 2	26	24	15
SET 3	19	18	10
SET 4	19	18	10
SET 5	max (at least 32)	max (at least 24)	max (at least 15)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	28	21	14
SET 2	39	27	17
SET 3	26	19	11
SET 4	26	19	11
SET 5	max (at least 36)	max (at least 27)	max (at least 17)

week 3: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 6 dips	7 - 13 dips	14 - 26 dips
SET 1	5	12	18
SET 2	8	14	18
SET 3	5	10	13
SET 4	5	10	13
SET 5	max (at least 6)	max (at least 14)	max (at least 18)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6	13	16
SET 2	8	15	20
SET 3	5	12	15
SET 4	5	12	15
SET 5	max (at least 9)	max (at least 15)	max (at least 20)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6	15	20
SET 2	9	15	21
SET 3	6	13	16
SET 4	6	13	16
SET 5	max (at least 10)	max (at least 18)	max (at least 25)

week 2: pick the same column as you did in week 1

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 6 dips	7 - 13 dips	14 - 26 dips
SET 1	3	6	13
SET 2	4	6	15
SET 3	3	5	9
SET 4	3	5	9
SET 5	max (at least 4)	max (at least 6)	max (at least 12)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	4	8	13
SET 2	5	10	15
SET 3	3	8	10
SET 4	4	8	10
SET 5	max (at least 5)	max (at least 9)	max (at least 15)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	10	14
SET 2	6	10	19
SET 3	5	9	12
SET 4	5	9	12
SET 5	max (at least 6)	max (at least 13)	max (at least 16)

week 1: pick the appropriate column depending on your initial test results

RANK	number of push ups performed	< 40 YEARS	40 - 55 YEARS	> 55 YEARS
1	0 - 5	0 - 5	0 - 5	0 - 5
2	6 - 14	6 - 12	6 - 10	6 - 10
3	15 - 29	13 - 24	11 - 19	11 - 19
4	30 - 49	25 - 44	20 - 34	20 - 34
5	50 - 99	45 - 74	35 - 64	35 - 64
6	100 - 150	75 - 124	65 - 99	65 - 99
7	150 & above	125 & above	100 & above	100 & above

initial test: the road to one hundred push ups