

SUNDEE FUNDEE PRINTABLE PLAN

8-Week 100 Push-Ups Program

A bodyweight-only plan that builds push-up volume, trunk control, and shoulder balance toward one final max-rep test. Print it, mark every session, and keep the reps clean.

8

WEEKS

24

WORKOUTS

3

DAYS / WEEK

BW

EQUIPMENT

Goal

Build toward 100 unbroken push-ups by adding repeatable volume first, then density, then a short taper. Scale to incline push-ups when clean full-range reps break down.

Best for: bodyweight endurance and at-home upper-body consistency.

Equipment: floor space only.

Use the Sundee Fundee app for adaptive training, recovery context, and progress tracking.

How To Use This Plan

BODYWEIGHT

Start conservative

Every set should look like a rep you would be willing to count on test day. If form breaks, stop the set and log the clean reps.

Rest matters

Keep the written rest periods. The goal is repeatable capacity, not turning every session into conditioning.

Scale without ego

Use incline push-ups, shorter sets, or longer rest when needed. Return to full push-ups as clean reps improve.

Test once

Week 8 Day 3 is one clean max-rep attempt. Warm up, rest, take the set near technical failure, and write down the number.

Test-day standard

Count only reps with a rigid torso, controlled lower, chest near the floor, and full elbow lockout. Stop when your next rep would not meet that standard.

Week 1: Baseline

5 x 5 START

Set repeatable push-up volume and keep every set clean.

Day 1 - Baseline Volume

Exercise	Sets x Reps	Rest	Notes
Push-Up	5 x 5	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	4 x 4	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 10-12	60 sec	No shrugging
Front Plank	3 x 25 sec	60 sec	Brace and breathe

Day 3 - Density Sets

Exercise	Sets x Reps	Rest	Notes
Push-Up	6 x 4	90 sec	Steady density
Close-Grip Push-Up	3 x 5-8	75 sec	Smooth lockout
Superman Pull	3 x 12-15	60 sec	Pull elbows to ribs
Side Plank	3 x 23 sec/side	60 sec	Stack hips

Session notes: _____

Week 2: Groove

5 x 7 START

Add small reps while balancing shoulder and trunk work.

Day 1 - Volume Ladders

Exercise	Sets x Reps	Rest	Notes
Push-Up	5 x 7	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	4 x 6	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 10-12	60 sec	No shrugging
Front Plank	3 x 30 sec	60 sec	Brace and breathe

Day 3 - Density Sets

Exercise	Sets x Reps	Rest	Notes
Push-Up	6 x 6	90 sec	Steady density
Close-Grip Push-Up	3 x 6-9	75 sec	Smooth lockout
Superman Pull	3 x 12-15	60 sec	Pull elbows to ribs
Side Plank	3 x 26 sec/side	60 sec	Stack hips

Session notes: _____

Week 3: Volume Build

6 x 8 START

Build total weekly push-up volume without grinding.

Day 1 - Volume Ladders

Exercise	Sets x Reps	Rest	Notes
Push-Up	6 x 8	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	5 x 7	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 10-12	60 sec	No shrugging
Front Plank	3 x 35 sec	60 sec	Brace and breathe

Day 3 - Density Sets

Exercise	Sets x Reps	Rest	Notes
Push-Up	7 x 7	90 sec	Steady density
Close-Grip Push-Up	3 x 7-10	75 sec	Smooth lockout
Superman Pull	3 x 12-15	60 sec	Pull elbows to ribs
Side Plank	3 x 29 sec/side	60 sec	Stack hips

Session notes: _____

Week 4: Capacity

7 x 10 START

Turn volume into longer repeat sets.

Day 1 - Volume Ladders

Exercise	Sets x Reps	Rest	Notes
Push-Up	7 x 10	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	5 x 8	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 10-12	60 sec	No shrugging
Front Plank	3 x 40 sec	60 sec	Brace and breathe

Day 3 - Density Sets

Exercise	Sets x Reps	Rest	Notes
Push-Up	8 x 8	90 sec	Steady density
Close-Grip Push-Up	3 x 8-11	75 sec	Smooth lockout
Superman Pull	3 x 12-15	60 sec	Pull elbows to ribs
Side Plank	3 x 32 sec/side	60 sec	Stack hips

Session notes: _____

Week 5: Density

8 x 11 START

Use denser work to make larger sets feel repeatable.

Day 1 - Volume Ladders

Exercise	Sets x Reps	Rest	Notes
Push-Up	8 x 11	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	5 x 10	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 12-15	60 sec	No shrugging
Front Plank	3 x 45 sec	60 sec	Brace and breathe

Day 3 - Density Sets

Exercise	Sets x Reps	Rest	Notes
Push-Up	8 x 10	90 sec	Steady density
Close-Grip Push-Up	3 x 9-12	75 sec	Smooth lockout
Superman Pull	3 x 12-15	60 sec	Pull elbows to ribs
Side Plank	3 x 35 sec/side	60 sec	Stack hips

Session notes: _____

Week 6: Endurance

8 x 13 START

Practice high-quality fatigue management before peaking.

Day 1 - Volume Ladders

Exercise	Sets x Reps	Rest	Notes
Push-Up	8 x 13	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	6 x 11	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 12-15	60 sec	No shrugging
Front Plank	3 x 50 sec	60 sec	Brace and breathe

Day 3 - Density Sets

Exercise	Sets x Reps	Rest	Notes
Push-Up	9 x 11	90 sec	Steady density
Close-Grip Push-Up	3 x 10-13	75 sec	Smooth lockout
Superman Pull	3 x 12-15	60 sec	Pull elbows to ribs
Side Plank	3 x 38 sec/side	60 sec	Stack hips

Session notes: _____

Week 7: Peak Volume

9 x 15 START

Reach the largest training week before the test taper.

Day 1 - Volume Ladders

Exercise	Sets x Reps	Rest	Notes
Push-Up	9 x 15	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	6 x 12	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 12-15	60 sec	No shrugging
Front Plank	3 x 50 sec	60 sec	Brace and breathe

Day 3 - Density Sets

Exercise	Sets x Reps	Rest	Notes
Push-Up	10 x 12	90 sec	Steady density
Close-Grip Push-Up	3 x 11-14	75 sec	Smooth lockout
Superman Pull	3 x 12-15	60 sec	Pull elbows to ribs
Side Plank	3 x 41 sec/side	60 sec	Stack hips

Session notes: _____

Week 8: Taper and Test

5 x 8 START

Reduce fatigue and finish with one clean max-rep test.

Day 1 - Volume Ladders

Exercise	Sets x Reps	Rest	Notes
Push-Up	5 x 8	90 sec	Clean reps
Prone W Raise	4 x 10-15	60 sec	Squeeze shoulder blades
Scap Push-Up	3 x 8-12	60 sec	Keep elbows locked
Dead Bug	3 x 8/side	60 sec	Slow breathing

Day 2 - Tempo Strength

Exercise	Sets x Reps	Rest	Notes
Push-Up	3 x 6	2 min	Leave 1-2 reps
Tempo Push-Up	3 x 3 sec down	90 sec	Control the bottom
Reverse Snow Angel	3 x 12-15	60 sec	No shrugging
Front Plank	3 x 50 sec	60 sec	Brace and breathe

Day 3 - 100 Push-Up Test

Exercise	Sets x Reps	Rest	Notes
Push-Up	1 x AMRAP	3 min	One clean max set
Prone W Raise	3 x 10-12	60 sec	Easy quality work
Dead Bug	2 x 6/side	60 sec	Downshift

Session notes: _____
