4-WEEK HOME CHEST PLAN

9 push-ups. 10 minutes. No equipment.



Fitness Science · fitnessscienceyt.com

General fitness information, not medical advice. Stop if you feel sharp pain.

The workout

Do each push-up for 45 seconds, then rest for 25. One round takes about 10 minutes. Follow along with the video:

fitnessscienceyt.com/videos/10-min-chest-workout-at-home/



1. **Incline**
2. **Standard**
3. **Wide**
4. **Decline**
5. **Deficit**
6. **Archer**
7. **Pike**
8. **Close-grip**
9. **Knee (burnout)**

General fitness information, not medical advice. Stop if you feel sharp pain.

Your 4 weeks

Week	Sessions	What to do
Week 1	2 sessions	Follow the video, use easier options whenever form breaks down.
Week 2	2 sessions	Same routine, try to beat your rep count on every exercise.
Week 3	3 sessions	Add a third session, use a 3-second lowering phase on push-ups.
Week 4	3 sessions	Swap in harder variations: decline for standard, archer for wide.

Leave at least one rest day between sessions.

General fitness information, not medical advice. Stop if you feel sharp pain.

WHEN IT GETS EASY

change one thing at a time every week or two:

1. More reps in the same 45 seconds.
2. Slower lowering, 3 to 4 seconds per rep.
3. A 1-second pause at the bottom.
4. Harder variations: incline to standard, standard to decline, decline to archer.
5. Add a deficit with books or blocks under your hands.
6. Run the routine twice.

FS FITNESS SCIENCE | fitnessscienceyt.com

General fitness information, not medical advice. Stop if you feel sharp pain.

Rep log

	Week 1 S1	Week 1 S2	Week 2 S1	Week 2 S2	Week 3 S1	Week 3 S2	Week 3 S3	Week 4 S1	Week 4 S2	Week 4 S3
Incline										
Standard										
Wide										
Decline										
Deficit										
Archer										
Pike										
Close-grip										
Knee										

! General fitness information,
not medical advice. Stop if you feel sharp pain.

fitnessscienceyt.com