

FIRST PUSH-UP

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VARIED NOT RANDOM

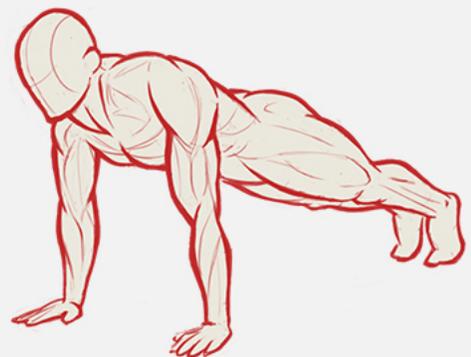


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1. WELCOME TO THE PROGRAM: *Start here!*

The First Push-Up Program will guide you to master the push-up, a basic gymnastics pressing movement, *with proper form*. Push-ups are far more challenging than people realize. The next time you're in the gym, take a moment to observe the push-ups happening around you. Odds are that the majority of the reps you'll see will be of the saggy-hip, high-butt variety. That form isn't doing anyone any favors. If you want to learn how to master a push-up **with great form**, you've come to the right place. Conquering the push-up will open the door to many more functional fitness movements and programs. Think of it as a building block to the rest of your fitness journey. The strength you develop from this movement will translate into more advanced movements, so take the time to master it. Each session of the program contains 2-3 skills and drills created specifically to build the necessary upper body pressing strength and core strength you'll need. Remember, we're here for you every step of the way with video demos and instructions to get you through this. We're excited for you to master this movement and begin to explore the world of advanced gymnastics pressing... like mastering the Strict Handstand Push-up and the Strict Ring Dip! We hope you're excited, too!

About VNR Cycles

The VNR team is proud to offer a variety of training/skill cycles designed to help athletes of all levels achieve their goals. Every cycle was created by a subject matter expert in a certain field, a professional in the fitness space, or by Pat & Adrian personally. The VNR list of cycles was specifically curated because we believe they are of outstanding quality & deliver real results. We hope you enjoy them.

Meet the VNR Team

Pat Sherwood and Adrian Bozman have vetted this course & believe it will serve you well in achieving your fitness goals.

About Pat

Pat started doing CrossFit in 2005. He has held credentials up to a Level-4 CrossFit Coach and is a former Navy SEAL. He worked for CrossFit, Inc. for about 14 years in various capacities including roles in media, health, games, and seminar staff. He is currently the owner of CrossFit Linchpin. He and his wife, Emily, have three kids. He enjoys ice cream and hates handstand push-ups.

About Boz

Adrian Bozman, known simply as Boz, started dabbling with CrossFit at the end of 2004 and soon became hooked. He got his L1 Certification in early 2006. He has coached at San Francisco CrossFit, CrossFit Brisbane (Australia), and most recently, Huntress CrossFit AKA The Tuxedo Social Club (his low-key garage/gym). Boz currently works for CrossFit, Inc. where he has held roles on the seminar team, education department, and CrossFit Games.

2. THE PROCESS: *Let's dive in*

The First Push-Up Program is a self-paced program, meaning you will complete all 20 sessions on your own schedule and at your own pace. You can complete the entire program in as little as 3 weeks or in as many as 10 weeks! Complete this program on its own or in combination with other programs. You're the boss of your schedule! Choose the frequency that works for you. For optimal results, we recommend completing 3 sessions per week for a total program duration of about 7 weeks. Fitness is a journey, and this journey is all yours. The recommendations are there for a reason, but know your limits. Challenge yourself and make this a priority while staying safe; injuries can occur if you're not mindful of your limitations.

During each session you'll complete a warm-up and 2-3 skill-building exercises. Check out Page 6 to view all of the skills and drills included in this program. Feeling overwhelmed with this list? Don't be! Page 6 also contains links to the demo videos to reference as needed. Make sure to set yourself up for success by viewing the equipment needed before beginning the program.

Page 7 of the eBook provides you with a comprehensive calendar view that will help you stay on track and know what's to come. If you're not using the btwb app to plan your workouts, this printable calendar is a great way to track your progression through the program.

Day one of the program begins on Page 9 of the e-Book. Each day is neatly organized on a single page to guide you through day by day so you can stay focused on the task at hand rather than looking ahead to future workouts. Take it one movement, one workout, and one day at a time. Remember, you can always reference Page 6 to view demo videos if you are unsure how to perform a skill or drill.

The program will begin with a test to assess your current skill level. On day 20, you'll repeat the test to gauge your progress. Remember, it's not just about the movement. Form is equally important! This first test is a great time to take notes. After the test, reflect on:

- How you felt physically and mentally during your push-up attempt
- How close you came to a full push-up rep... remember, no saggy hips or high butts!
- Your specific sticking points
- Whatever else comes to mind! What are you proud of? What can you work on?

Revisit these notes during your retest on day 20 to see just how far you've come. You've got this!

DAY 1

- **Warm Up**

10 PVC Pass Throughs
20 Scap Push-ups
Plank Hold, 20 secs
10 Shoulder Taps

- **Push-up Test**

We need a baseline! Attempt a push-up. Even though you may not be able to perform one right now, take note of how you look, how it feels, and how close you are able to get. If possible, record yourself. Log 0 reps to this workout in the btwb app if you can't get one. We'll retest at the end of the program.

Finish today's session with Skill A and Skill B.

- **Elevated Push-ups 3x10**

3x8-10 reps

Use a bar or box.

The first step to achieving a push-up will be to practice from an elevated position. This position will depend on your current abilities. The more upright the position, the easier the push-up. The flatter the position, the harder the push-up. Choose a height that allows you to focus on form but that is still challenging

Start in a rigid plank position. Squeeze your glutes and quads, and keep your rib caged tucked down. Your entire body should descend together as a single unit (don't break at the hip). Make contact with the bar/box at your chest. Your elbows should be at your sides and pointing behind you.

- **Plank Shifts 3x12**

3x10-12 reps

You can think of these as half push-ups. You'll descend into a forearm plank position, then you'll push yourself back up into a full arm plank. These are great for developing your core strength, which you'll need to perform a full push-up, they'll also give you modified pressing stimulus to start developing some strength for your push-up. The key here will be to maintain a rigid body throughout.

**Do not compromise form for reps. Break into sets as needed.*

6. THE BTWB APP: *Get more from the program*

btwb app users can sync the First Push-up program to their btwb calendar. Choose the number of sessions that you'll complete each week, customize which days you'll perform those sessions, and easily view your program schedule to help you stay on track. btwb users can also log their scores for each skill piece to earn credit toward movement history and keep a record of past performances.

ADDED BONUS DETAILS

btwb users also have access to a special program overview video by Pat & Boz, plus access to other top social and analysis features available in the btwb app such as:

- Enjoy using comments & emojis to socialize and engage with other app users
- Access activity feeds to discover and connect with fellow functional fitness fans in your area
- Monitor your progress over time by unlocking your Fitness Level (1-100)
- Celebrate and chronicle other functional fitness milestones by earning badges
- Check out other Varied Not Random Programs created by Pat & Boz
- And more!

