THE PPP

THE PUSH-UP & PULL-UP PROGRAM

SHANNONMEINFITNESS L.L.C.

THE PPP

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AS OF DECEMBER 6TH, 2021

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HOW DOES THIS PROGRAM WORK?

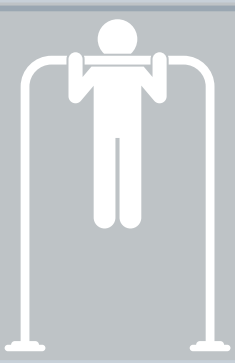
THIS PROGRAM IS MEANT TO ACT AS AN "ASSISTANCE" PROGRAM. EACH DAY HAS A CHALLENGE THAT YOU'LL PERFORM AT THE END OF YOUR WARM-UP BEFORE YOU START TRAINING. BY DOING SO, YOU'LL BE PRACTICING EACH MOVE CONSISTENTLY IN YOUR REGULAR PROGRAMMING.

WHERE CAN YOU FIND FORM DEMONSTRATIONS?

IF YOU DON'T KNOW A SPECIFIC PULL-UP OR PUSH-UP VARIATION, YOU CAN GO TO ***SHANNONMEINFITNESS.COM***, CLICK THE **"MORE"** TAB, SELECT "**THE PPP",** AND ENTER THE PASSWORD **getjacked2** AT THE BOTTOM OF THE PAGE IS WHERE YOU'LL FIND THE VIDEO DEMONSTRATIONS!

PUSH-UP PRIMARY MOVERS:

TRICEPS,
SHOULDERS (DELTS),
CHEST (PECTORAL GROUP)

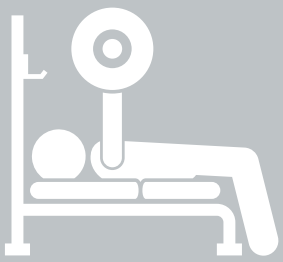


PULL-UP PRIMARY MOVERS:

BICEPS, TRAPEZIUS,
LATS
(LATISSIMUS DORSI)

EXERCISES THAT HELP INCREASE PUSH-UP ABILITY:

BENCH PRESS, NARROW GRIP DB BENCH PRESS, PEC FLY, INCLINE CHEST PRESS, & LITERALLY ANY TRICEP MOVE (OVERHEAD & CABLE EXTENSIONS, SKULL CRUSHERS, ETC.)



EXERCISES THAT HELP INCREASE PULL-UP ABILITY:

INVERTED ROWS, WIDE GRIP LAT PULL DOWN, SEATED ROWS, SINGLE ARM ROWS, BENT OVER BARBELL ROW, & LITERALLY
ANY BICEP MOVE
(BICEP CURLS, 21'S, PREACHER CURLS, ETC.

TIPS FOR YOUR PROGRAMMING:

NOTE THAT YOU SHOULD BE PERFORMING SOME SORT OF BENCH PRESS VARIATION AND SOME SORT OF LAT PULL DOWN AT LEAST ONCE A WEEK IN YOUR WORKOUTS.

COACH NOTE: TO SEE CONSIDERATE PROGRESS, I'D SUGGEST TRAINING YOUR UPPER BODY AT LEAST X2-3 A WEEK (A LEGS/PUSH/PULL SPLIT IS OPTIMAL FOR PROGRESS WITH THESE 2 MOVES)

WHAT ABOUT REST DAYS?

THERE IS ONE OPTIONAL REST DAY A WEEK!
IT IS PLACED ON EVERY SATURDAY,
BUT CAN BE CHANGED IF NEED BE.

SINCE THESE TWO MOVES ARE FOCUSED ON BEING ABLE TO CONTROL YOUR OWN BODY WEIGHT, THEY'RE TYPICALLY EASIER TO PRACTICE ROUTINELY AS OPPOSED TO COMPOUND LIFTS THAT REQUIRE MORE RECOVERY.

***SIDE NOTE: IT'S OKAY TO MISS A DAY OR TWO WITH THIS PROGRAM. IF YOU'RE COMPLETELY NEW TO THESE MOVES, IT WILL FEEL LIKE YOU NEED TO RECOVER MORE FREQUENTLY, SO PLEASE PARTAKE WITH THAT IN MIND!**

BAND RECOMMENDATIONS:

WHEN IT COMES TO RESISTANCE BANDS,
YOU WANT TO AIM FOR ONE THAT ISN'T FABRIC BASED (AIM FOR THE RUBBERY ONES).
THEY'RE VERY GENERIC, BUT I GOT MINE OFF AMAZON. IT'S GOOD TO HAVE A VARIETY WITH YOU, BUT IF YOU ONLY WANT TO PURCHASE ONE,
THE TOP TWO BANDS I'D RECOMMEND ARE ON THE NEXT PAGE-

BAND RECOMMENDATIONS (CONT.) :

BASED OFF THE PROVIDED RESISTANCE WEIGHT (LBS)

DAILY PLAN

4 WEEKS OF WORK - 28 DAYS OF PRACTICE

MON	TUE	WED	THU	FRI	SAT	SUN
DAY 1 **AMRAP ATTEMPT!**	2 SETS X 8 REPS LAY DOWN PUSHUPS & 3 SETS X 8 REPS SCAP PULLS	2 SETS X 6 REPS 3 POINT ECCENTRIC PUSH-UPS & 2 SETS X 5 REPS TOP HOLD PULL-UPS	2 SETS X 8 REPS NEUTRAL GRIP ECCENTRIC PUSH-UPS & 3 SETS X 6 REPS BANDED CHIN-UPS	2 SETS X 10 REPS SCAP PUSH-UPS & 2 SETS X 6 REPS SCAP PULLS	OPTIONAL: REST DAY 3 SETS X 5 REPS PUSH-UPS & 2 SETS X 5 REPS CHIN-UPS	2 SETS X 8 REPS NEUTRAL GRIP DB PUSH-UPS & 3 SETS OF HANG HOLDS (HOLD AS LONG AS P.)
2 SETS X 10 REPS LAY DOWN PUSHUPS & 3 SETS X 6 REPS 3 POINT NEGATIVE CHIN-UP	3 SETS X 6 DEFICIT PUSH-UPS & 2 SETS X 6 REPS BANDED PULL-UPS	2 SETS X 10 REPS LAY DOWN PUSHUPS & 3 SETS OF HANG HOLDS (HOLD AS LONG AS P.)	2 SETS X 5 REPS INCLINE BOSU BALL PUSH-UPS & 3 SETS X 8 REPS BANDED CHIN-UPS	2 SETS X 10 REPS NEUTRAL GRIP ECCENTRIC PUSH-UPS & 3 SETS X 5 REPS TOP HOLD PULL-UPS	OPTIONAL: REST DAY 3 SETS X 5 REPS PUSH-UPS & 2 SETS X 5 REPS CHIN-UPS	2 SETS X 8 REPS INCLINE BOSU BALL PUSH-UPS & 3 SETS OF HANG HOLDS (HOLD AS LONG AS P.)
3 SETS X 5 REPS PUSH-UPS & 2 SETS X 5 REPS 3 POINT NEGATIVE PULL-UPS	2 SETS X 8 REPS DEFICIT PUSH-UPS & 2 SETS X 8 REPS BANDED PULL-UPS	3 SETS X 8 REPS INCLINE BOSU BALL PUSH-UPS & 3 SETS OF HANG HOLDS (HOLD AS LONG AS P.)	3 SETS X 8 REPS PUSH-UPS & 2 SETS X AMRAP BANDED CHIN-UPS	2 SETS X 10 REPS NEUTRAL GRIP ECCENTRIC PUSH-UPS & 3 SETS X 10 REPS SCAP PULLS	OPTIONAL: REST DAY 3 SETS X 5 REPS PUSH-UPS & 2 SETS X 5 REPS CHIN-UPS	2 SETS X 8 REPS ALTERNATING BALL ASSIST. PUSH-UPS & 3 SETS OF HANG HOLDS (HOLD AS LONG AS P.)
3 SETS X 8 REPS PUSH-UPS & 2 SETS X AMRAP BANDED PULL-UPS	2 SETS X 10 REPS INCLINE BOSU BALL PUSH-UPS & 2 SETS X 5 REPS NEGATIVE PULL-UPS	2 SETS X 12 REPS LAY DOWN PUSHUPS & 3 SETS OF HANG HOLDS (HOLD AS LONG AS P.)	2 SETS X 10 REPS ALTERNATING BALL ASSIST. PUSH-UPS & 2 SETS X 10 REPS BANDED PULL-UPS	2 SETS X 10 REPS NEUTRAL GRIP ECCENTRIC PUSH-UPS & 2 SETS X 15 REPS SCAP PULLS	OPTIONAL: REST DAY 3 SETS X 5 REPS PUSH-UPS & 2 SETS X 5 REPS CHIN-UPS	DAY 28 **AMRAP ATTEMPT!**

"AMRAP": *AS MANY PUSH-UPS & PULL-UPS AS POSSIBLE*

SHANNONMEINFITNESS L.L.C.

THE NEXT FEW PAGES ARE TEMPLATES YOU CAN USE TO HELP STAY ON TRACK AS YOU GO THROUGH THE PROGRAM.

ADDITIONALLY, IF YOU'D LIKE TO SHARE YOUR PROGRESS ON SOCIAL MEDIA, PLEASE BE SURE TO TAG ME: :)

IG: @ SHANLIFTS
TIKTOK: @INSHANNITY

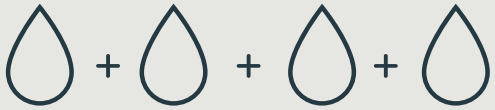
DAILY CHECK-IN

S M T W T F S

DATE:

WHAT ARE WE WORKING?

WATER INTAKE (OZ)



STEP GOAL/CHECK:

10,000 STEPS

TOP PRIORITY TO-DO TODAY:

MEALS

BREAKFAST:

LUNCH:

DINNER:

SNACK:

SUPPLEMENTS:

WRITE A POSITIVE AFFIRMATION OR QUOTE:

WEEKLY CHALLENGE

MONTH:

WEEK #:

PUSH-UP & PULL-UP SCHEDULE FOR THE WEEK:

	EXERCISE	SETS & REPS
Sun		
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		

HOW MANY DAYS OUT OF THE WEEEK DID YOU HIT? (+ NOTES)

MEAL PLANNER & SCHEDULE

S M T W T F S

DATE:

BREAKFAST

LUNCH

DINNER

SNACK

SUPPLEMENTS

NOTES

THE FITNESS GOALS

STARTING DATE:

ENDING DATE:

STARTING (AMRAP) PULL-UPS:

ENDING (AMRAP) PULL-UPS:

STARTING (AMRAP) PUSH-UPS:

ENDING (AMRAP) PUSH-UPS:

MY TOP FITNESS GOALS:

MY MOTIVATIONS:

DAILY CHECK-IN

S M T W T F S

DATE:

@SHANLIFTS

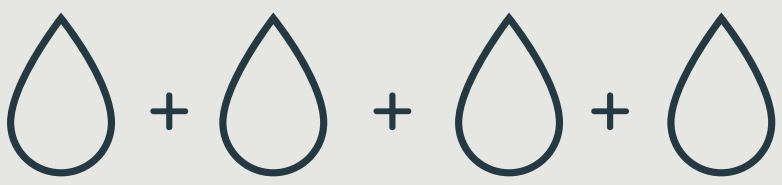
WHAT ARE WE WORKING?

MEALS

BREAKFAST:

LUNCH:

WATER INTAKE (OZ)



DINNER:

STEP GOAL/CHECK:

10,000 STEPS

SNACK:

TOP PRIORITY TO-DO TODAY:

SUPPLEMENTS:

WRITE A POSITIVE AFFIRMATION OR QUOTE: