

INJURY PREVENTION TOOL

The best push-up program is one you can do without getting hurt. Use this to stay in the game long enough to see real results.

PRE-SESSION BODY CHECK

Tick anything that needs attention before you start.

- Wrists feel mobile and pain-free
- Shoulders are not stiff or clicking under load
- Elbows are not sore or inflamed
- Lower back is not tight or aching
- Core is engaged and ready to brace
- Warmed up with shoulder circles and wrist rotations

PAIN OR DISCOMFORT

Log any discomfort honestly. Ignoring pain is how injuries become serious.

Any pain or discomfort today and where:

Pain level (1-10) and whether it is sharp or dull:

What I will do about it – rest, modify, or seek advice:

LONG-TERM PROTECTION

Sustainable training beats intense training that breaks you down.

Whether I am training within my recovery capacity:

What I am doing to keep joints and muscles healthy long-term:

Growth lives on the other side of action.