



PUSH-UP BENCHMARK TEST SHEET

A benchmark tells you exactly where you stand. Test it, record it, and use it as the standard you are building from.

THE STRENGTH TEST

Max push-ups in one set with good form. No cheating depth or range.

DATE:

MAX REPS:

Push-up variation used:

Where my form started to break down:

THE ENDURANCE TEST

Total reps in 3 minutes — submaximal sets with short rest between each.

TOTAL REPS:

AVG PER SET:

How my body felt by the end:

THE BENCHMARK RESULT

This is your current level. Set your next benchmark date now.

How this compares to my last benchmark:

What this result tells me about where to focus:

Next benchmark date:

Growth lives on the other side of action.