



VARIATION PROGRESSION PLANNER

Progress is not just more reps. It is harder variations, better form, and a clear path forward. Map your route now.

WHERE I AM NOW

Be honest about your current level. This is your starting point.

My current push-up variation:

My current max reps in good form:

Where my form breaks down under fatigue:

THE PROGRESSION PATH

Map out your next three variations in order of difficulty.

Variation 1 – current:

Variation 2 – next step:

Variation 3 – target:

Reps needed in good form before I progress:

MY PROGRESSION PLAN

A plan without a timeline is just a wish. Commit to dates.

When I expect to reach Variation 2:

What I need to focus on to get there:

Growth lives on the other side of action.