

# WEEKLY PUSH-UP VOLUME AUDIT

Volume is the engine of push-up progress. Audit it weekly and adjust before you go stale or burn out.

## THIS WEEK'S VOLUME

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*Total all sets and reps across every session this week.*

Total sessions this week:

Total sets this week:

Total reps this week:

Average reps per set:

## THE AUDIT

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*Compare to last week. Is volume going up, down, or flat?*

Whether volume increased, decreased, or stayed flat vs last week:

What the change in volume tells me about my training:

## NEXT WEEK'S ADJUSTMENT

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*Make the adjustment before next Monday, not after.*

Target total reps for next week:

How I will adjust my training to hit that target:

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Growth lives on the other side of action.