

FREE GUIDE + PRINTABLE PLAN

COACH MACK'S FULL CHEST WORKOUT

MIDDLE · LOWER · OUTER · UPPER CHEST

Four push-ups, four angles, the whole chest. The exact workout from the reel — with the reps, rounds, rest and a sheet you can print and fill in. One chair is the only equipment.

THE 4 MOVES — IN ORDER

01	Standard Push-Up	MIDDLE
02	Incline Push-Up	LOWER
03	Wide Push-Up	OUTER
04	Decline Push-Up	UPPER

HOW IT RUNS

3 rounds of all four moves, **45–90 seconds** rest between moves. About 15 minutes. Page 4 is your sheet — print it and write your reps in pen.



01

STANDARD PUSH-UP

10-20

REPS



Hands slightly wider than shoulders, body one rigid line, butt squeezed. Lower your **chest** — not your chin, not your hips — to a fist’s height off the floor, elbows tracking back at about 45° from your sides. Press up.

#1 MISTAKE

Elbows flaring straight out to 90° while the hips sag — the two failures always travel together.

EASIER	Hands on a chair seat (move 02).
HARDER	A one-second pause at the bottom.

40+ NOTE Wrists complaining? Push up on your fists on a folded towel, or turn your hands slightly outward. The 45° elbow path is also the shoulder-friendly path.



02

INCLINE PUSH-UP

12-25

REPS



Hands on the seat of a sturdy chair, **backed against a wall** so it can’t slide. Walk your feet back until your body is one straight line. Lower your chest to the edge of the seat, press away.

#1 MISTAKE

Treating it as easy mode and rushing — hips sag and the chest never reaches the seat.

EASIER	Hands on a kitchen counter — the higher the hands, the easier the rep.
HARDER	A lower surface: a stair, then the floor.

40+ NOTE The friendliest angle in the workout for shoulders and wrists — the reason it carries the highest rep range. Make every one of those reps full.



03 WIDE PUSH-UP

10-20 REPS

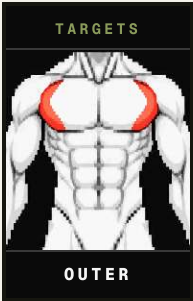


Hands about **one and a half shoulder-widths** apart, fingers turned slightly out. Same rigid line as the standard push-up. Lower until your chest is level with your hands — the stretch across the chest at the bottom is the whole point.

#1 MISTAKE Going wide and then cutting the depth short — a half rep skips the stretch that makes this move work.

EASIER	Wide hands on a chair seat.
HARDER	A slow 3-count on the way down.

40+ NOTE Wider loads the front of the shoulder more. Stop at 1.5x shoulder width — never wider — and if a shoulder pinches, bring the hands in an inch.



04 DECLINE PUSH-UP

8-15 REPS



Boots up on the chair seat, hands on the floor under your shoulders. The higher the feet, the more it shifts to the upper chest and shoulders. **Brace harder than a flat push-up** — the angle wants your hips to sag.

#1 MISTAKE Head dropping toward the floor instead of the chest — chin-first reps.

EASIER	Feet on a low step instead of the chair, or a standard push-up.
HARDER	A slow 3-count on the way down.

40+ NOTE It comes last for a reason: it loads wrists and shoulders hardest. If you can't make 8 clean reps yet, run move 01 again in its place.



WORKOUT
FULL CHEST

ROUNDS
3

REST
45-90 SEC

PRINT ME

FULL CHEST

MIDDLE · LOWER · OUTER · UPPER · ONE CHAIR

TODAY'S DATE

WARM-UP

3 MIN · CHECK EACH OFF

- ☐ **30 seconds** — march in place or easy jacks
- ☐ **10** arm circles each way
- ☐ **5** easy incline push-ups on the chair

THE WORK

3 ROUNDS OF 4 MOVES · REST 45-90S BETWEEN MOVES

EXERCISE

ROUND 1

ROUND 2

ROUND 3

STANDARD PUSH-UPS

Chest to a fist above the floor

GOAL
10-20
REPS

REPS

REPS

REPS

INCLINE PUSH-UPS

Hands on the chair seat, chair against a wall

GOAL
12-25
REPS

REPS

REPS

REPS

WIDE PUSH-UPS

1.5x shoulder width, full depth

GOAL
10-20
REPS

REPS

REPS

REPS

DECLINE PUSH-UPS

Boots on the chair, brace hard

GOAL
8-15
REPS

REPS

REPS

REPS

NEXT TIME

Hit the **top of a range on all 3 rounds**? Next session, slow that move to a 3-count on the way down. Can't reach the **bottom of a range**? Take its easier version and fill the range. Run this two or three times a week, with a day off between.

COOL-DOWN

2 MIN · HOLD EACH 20-30S · CHECK EACH OFF

- ☐ Doorway chest stretch
- ☐ Overhead triceps stretch
- ☐ Child's pose

WANT EVERY WORKOUT PLANNED FOR YOU?

This was **one** workout. The challenge maps out all 28 days.

The 28-Day Military Calisthenics Challenge is the full program this page came from. Every training day on its own printable sheet, your numbers already filled in for your age, and progression built in week by week.

20	TRAINING-DAY SHEETS	Mon-Fri x 4 weeks, reps filled in for your age bracket
34	MOVES IN THE FIELD GUIDE	How-to, #1 mistake, easier and harder for every one
1	NUTRITION GUIDE	Seven rules, no diet plan – a free bonus
5	DAYS A WEEK	15-20 minutes a day, weekends off, no gym



TAKE THE QUIZ – START YOUR CHALLENGE

CALISTHENICSCHALLENGE.ARMY

SCAN OR TAP – ONE-TIME PURCHASE, NO SUBSCRIPTION

“Military calisthenics” describes a training style. This is an independent program with no affiliation with, and no endorsement by, the U.S. Army, the Department of Defense, or any armed force. General fitness education, not medical advice – check with your doctor before starting, and stop any move that causes sharp or joint pain.

COACH MACK