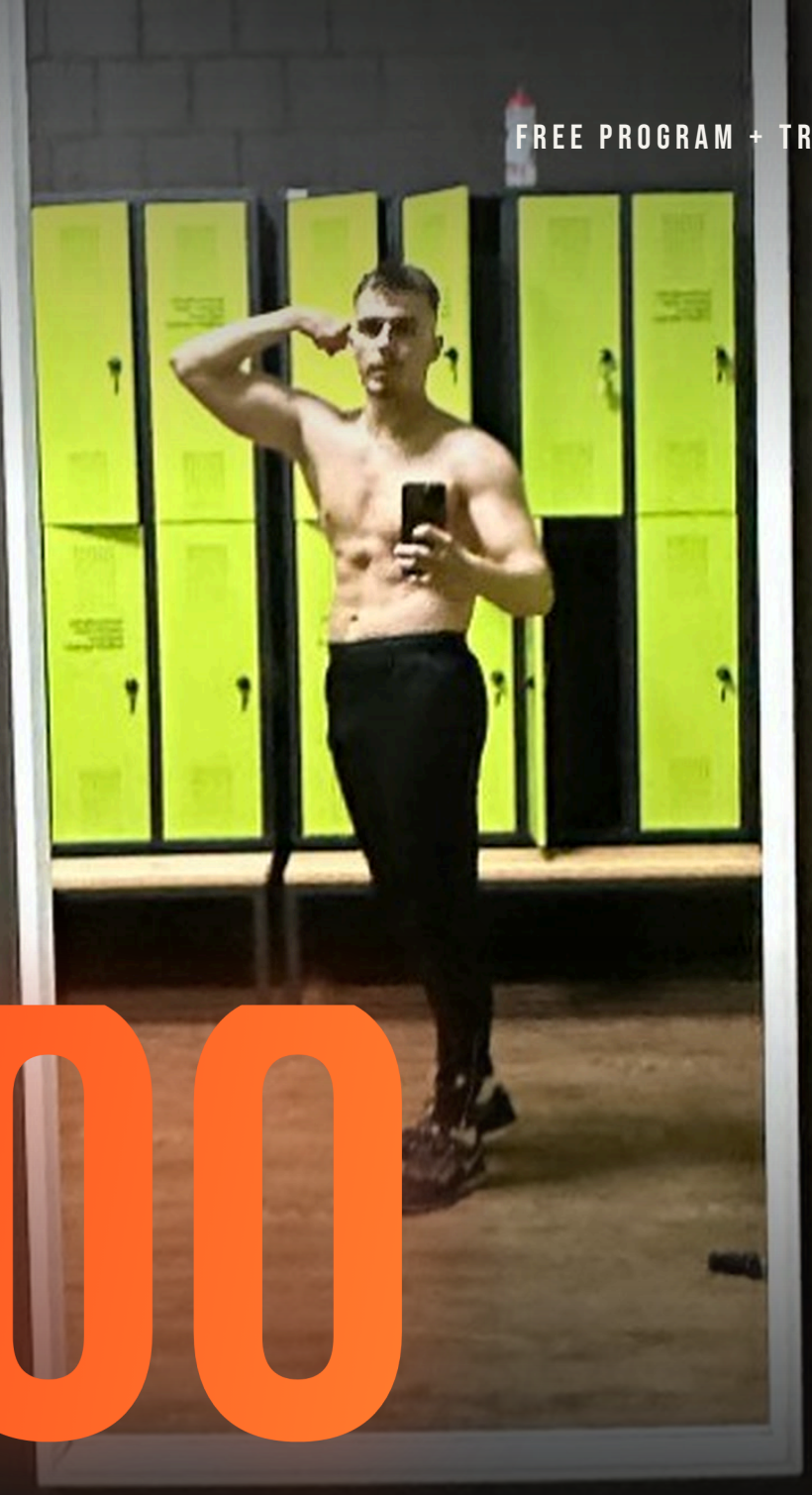
BEYOND300

FREE PROGRAM + TRACKER · 2026



300 PUSH-UPS A DAY

100% FREE | +5 EVERY DAY | 3 LEVELS | TRACKER APP

Get your dream body and dream mindset. Step by step to 300 push-ups a day, even if you can't do 15 today.

DÁVID FORNADEL · @BEYOND_300

WHAT'S INSIDE

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HOW TO USE THIS PROGRAM

Read pages 3–10 (it takes 15 minutes). Do the test on page 5, find your plan on pages 11–13 and start today. Print the plans and tick off the days, or open the tracker app: **app.beyond300.com**. Every day the app tells you how many push-ups to do.

01 · WHY 300

EVERY DAY. NO EXCUSES.

My name is Dávid Fornadel. I do 300 push-ups every day: at home on the floor, at the gym, with a friend or alone. And I film it every single day.

300 push-ups a day doesn't sound like much until you try it. The first days you feel your whole body. Then it adapts and starts to change. Not in a week, but a little bit every day.

The question I get most: *"How do I start if I can't even do 20?"* The answer is this program: five simple rules, a day-by-day plan for three levels and a tracker that tells you every morning how many to do today.

No equipment, no gym membership, no excuses. Just you and the floor.

Nothing is free nowadays. This program is. No card, no subscription, no catch.

THE GOAL IS SIMPLE

Get safely to **300 push-ups a day**, then do them every day: 100 days, 365 days, as long as you can keep going.



JULY 2026



OCTOBER 2026



No stock photos. Everything is from my phone.

5 RULES.
THAT'S THE WHOLE PROGRAM.

1

THE TEST SETS YOUR LEVEL

At the start, do as many clean push-ups as you can in one set. Your result decides whether you start the START, BASE or STRENGTH plan.

2

EVERY DAY +5

Every training day you do 5 more push-ups than the day before. A small step your body can handle and your head won't quit on.

3

EVERY 7TH DAY IS LIGHT

Half of the previous day plus a new test. Muscles and tendons grow while you rest, not while you strain. A light day is not a day off: you still train.

4

MISSED IT? REPEAT THE DAY

If you don't hit the daily target, tomorrow you do the same day again. You don't skip ahead. The plan adapts to you, not you to the plan.

5

SET = HALF YOUR MAX

Never go to failure. If your max is 20, you do sets of 10 and spread them over the day. After every test you recalculate your set.

03 · THE TEST

HOW MANY CAN YOU DO RIGHT NOW?

Warm up (page 9), rest for 2 minutes and do as many push-ups as you can in one set.



1. **Count only clean reps.**
   Chest almost on the floor, arms fully straight at the top, body straight.
2. **No long breaks.**
   You can take a quick breath at the top, but you can't lie down or drop to your knees.
3. **Stop when your form breaks.**
   The first half rep or sagging rep doesn't count.
4. **Film yourself.**
   A video from the side is the best judge. And in a month you can compare.

YOUR MAX	LEVEL	START	LENGTH
0 – 14	START	60 / DAY	56 DAYS
15 – 29	BASE	120 / DAY	42 DAYS
30 OR MORE	STRENGTH	180 / DAY	28 DAYS

All three plans end the same way: with your first day of 300 push-ups. If you couldn't do even 5 full push-ups in the test, start the START plan with an easier variation (page 8). Those count too.

THE PERFECT PUSH-UP



TOP: BODY LIKE A PLANK



BOTTOM: CHEST ALMOST ON THE FLOOR

1. **Hands under your shoulders**
   Palms slightly wider than your shoulders, fingers pointing forward. Push the floor away as if you wanted to move it.

2. **Body like a plank**
   Brace your abs and squeeze your glutes. One straight line from head to heels, nothing sags.

3. **Elbows 30–45° from your body**
   Seen from above, your arms and body form an arrow, not the letter T. That protects your shoulders.

4. **Full range**
   Your chest goes down to a few centimeters above the floor (a fist's width). Half reps don't count.

5. **Lock out at the top**
   At the top, straighten your arms and spread your shoulder blades. Don't snap your elbows into a hard lock.

6. **Head in line**
   Look at the floor just in front of your hands. Don't drop your chin to the floor or lift it.

7. **Breathe and keep the tempo**
   Breathe in on the way down, out on the way up. About 1 second down, 1 second up.

05 · MISTAKES

6 MISTAKES THAT HOLD YOU BACK

At 300 push-ups a day, every mistake gets repeated 300 times. That's why it pays to fix it right at the start.

01 · SAGGING BACK

Your hips drop toward the floor, your lower back hurts and the load goes into your spine instead of your chest.

Fix: squeeze your glutes and abs before you go down.

02 · BUTT UP

Your body forms a roof. It feels easier, but you're doing half the work.

Fix: check yourself on a side video. Head, hips and heels in one line.

03 · ELBOWS IN A T

Elbows stick out straight from your body. The most common cause of shoulder pain.

Fix: bring your elbows in to 30–45°. Think "arrow".

04 · HALF REPS

As fatigue builds up, the range gets shorter. The number grows, your strength doesn't.

Fix: count only full reps. Fewer, but done right.

05 · HEAD FIRST

Your chin reaches the floor before your chest. Your neck suffers and the range gets shorter.

Fix: your chest touches down, not your nose. Chin slightly tucked.

06 · NO WARM-UP

Cold wrists and elbows will start to hurt sooner or later with hundreds of reps.

Fix: 5 minutes of warm-up before the first set of the day (page 9).

THE VARIATION LADDER

From easiest to hardest. Once you can do 3 sets of 15 clean reps, move one rung up.

1		**WALL PUSH-UP**	The very beginning, after an injury or as a warm-up.
2		**INCLINE PUSH-UP**	Hands on a table or bench. The higher your hands, the easier. The best path to your first full push-up.
3		**KNEE PUSH-UP**	Body still straight from knees to head, butt not up.
4		**CLASSIC PUSH-UP**	The base of the whole program. Your tests count this one.
5		**FIST PUSH-UP**	Your wrist stays straight. I do it a lot: it saves your wrists at high volume.
6		**WIDE PUSH-UP**	Hands wider, more chest. Elbows still not in a T.
7		**DIAMOND PUSH-UP**	Palms close together, elbows along your body. Mostly triceps.
8		**DECLINE PUSH-UP**	Feet on a bench or bed. More shoulders and upper chest.
9		**PAUSE PUSH-UP**	2 seconds at the bottom, just above the floor. Brutal for strength at the hardest point.
10		**EXPLOSIVE PUSH-UP**	Push up so fast your hands leave the floor (or clap). Only when you're rested.

WHAT COUNTS TOWARD 300?

Every variation from 4 up. In the START plan, 2 and 3 count too, until you can do full push-ups. Goal: switch to classic push-ups by week 3.

07 · BEFORE AND AFTER

5 MINUTES BEFORE, 3 MINUTES AFTER

WARM-UP · 5 MIN

Wrist circles — 20×
Fingers interlaced, circle both ways.

Weight on your palms — 30 S
On all fours, shift your weight forward and back, then side to side.

Arm circles — 10 + 10
Big circles forward and backward.

Cat–cow — 8×
On all fours, alternate a rounded and an arched back.

Scapular push-ups — 10×
In push-up position, only squeeze and spread your shoulder blades, arms stay straight.

Easy push-ups — 10×
Against a table or bench, slow and through the full range.

STRETCHING · 3 MIN

Doorway chest stretch — 30 S
Forearm on the door frame, step forward. Each side.

Overhead triceps — 30 S
Elbow behind your head, gently press with the other hand.

Forearms — 30 S
On all fours, turn your palms so the fingers point to you, gently lean back.

Child's pose — 45 S
Butt on your heels, arms stretched out in front, breathe into your back.



Warm up before the first set of the day. If you spread your push-ups over the whole day, wrist and arm circles are enough before the later blocks.

300 AT ONCE? YOU DON'T HAVE TO.

The daily target is the total for the whole day. How you split it is up to you. Three proven ways:

A
3 BLOCKS

Morning, lunch, evening. Each block = a third of the daily target, in sets of half your max. **Best for most people.**

B
EVERY HOUR

One set every hour during the day. Ideal when you work from home. 10 hours × 30 = 300 and you barely break a sweat.

C
ONE WORKOUT

Everything at once: sets of half your max, 60–90 s rest. 300 push-ups take 25–40 minutes. For advanced.

EXAMPLE: 3 BLOCKS

DAILY TARGET	MORNING	LUNCH	EVENING	SETS AT MAX 20
60 push-ups	20	20	20	6 × 10
120 push-ups	40	40	40	12 × 10
180 push-ups	60	60	60	18 × 10
240 push-ups	80	80	80	24 × 10
300 push-ups	100	100	100	30 × 10

MY TIP

Do the first block right after you wake up, before you touch your phone. With a third done by 8:00, the rest of the day is just finishing the job.

START · 56 DAYS

Your max in the test: **0–14**
You start at **60**, you finish at **300**
9,450 push-ups in total

WEEK 1	DAY 1 **60** START	DAY 2 **65**	DAY 3 **70**	DAY 4 **75**	DAY 5 **80**	DAY 6 **85**	DAY 7 **45** LIGHT + TEST
WEEK 2	DAY 8 **90**	DAY 9 **95**	DAY 10 **100**	DAY 11 **105**	DAY 12 **110**	DAY 13 **115**	DAY 14 **60** LIGHT + TEST
WEEK 3	DAY 15 **120**	DAY 16 **125**	DAY 17 **130**	DAY 18 **135**	DAY 19 **140**	DAY 20 **145**	DAY 21 **75** LIGHT + TEST
WEEK 4	DAY 22 **150**	DAY 23 **155**	DAY 24 **160**	DAY 25 **165**	DAY 26 **170**	DAY 27 **175**	DAY 28 **90** LIGHT + TEST
WEEK 5	DAY 29 **180**	DAY 30 **185**	DAY 31 **190**	DAY 32 **195**	DAY 33 **200**	DAY 34 **205**	DAY 35 **105** LIGHT + TEST
WEEK 6	DAY 36 **210**	DAY 37 **215**	DAY 38 **220**	DAY 39 **225**	DAY 40 **230**	DAY 41 **235**	DAY 42 **120** LIGHT + TEST
WEEK 7	DAY 43 **240**	DAY 44 **245**	DAY 45 **250**	DAY 46 **255**	DAY 47 **260**	DAY 48 **265**	DAY 49 **135** LIGHT + TEST
WEEK 8	DAY 50 **270**	DAY 51 **275**	DAY 52 **280**	DAY 53 **285**	DAY 54 **290**	DAY 55 **295**	DAY 56 **300** Goal

Tick off each day you finish · Light day: half + test · Your first 300

Missed it? Repeat the same day tomorrow.

CAN'T DO A FULL PUSH-UP YET?

For the first weeks, do incline or knee push-ups (page 8). They count toward your target. Start each block with full push-ups, then finish with an easier variation.

BASE · 42 DAYS

Your max in the test: **15–29**
You start at **120**, you finish at **300**
8,295 push-ups in total

WEEK 1	DAY 1 120 START	DAY 2 125	DAY 3 130	DAY 4 135	DAY 5 140	DAY 6 145	DAY 7 75 LIGHT + TEST
WEEK 2	DAY 8 150	DAY 9 155	DAY 10 160	DAY 11 165	DAY 12 170	DAY 13 175	DAY 14 90 LIGHT + TEST
WEEK 3	DAY 15 180	DAY 16 185	DAY 17 190	DAY 18 195	DAY 19 200	DAY 20 205	DAY 21 105 LIGHT + TEST
WEEK 4	DAY 22 210	DAY 23 215	DAY 24 220	DAY 25 225	DAY 26 230	DAY 27 235	DAY 28 120 LIGHT + TEST
WEEK 5	DAY 29 240	DAY 30 245	DAY 31 250	DAY 32 255	DAY 33 260	DAY 34 265	DAY 35 135 LIGHT + TEST
WEEK 6	DAY 36 270	DAY 37 275	DAY 38 280	DAY 39 285	DAY 40 290	DAY 41 295	DAY 42 300 Goal

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

YOUR SET

With a max of 15–29, you do sets of 8–15 push-ups. At 120 push-ups that is 8–15 sets a day. After every test (day 7, 14, 21…) recalculate your set: half of your new max.

STRENGTH · 28 DAYS

Your max in the test: **30 or more**
You start at **180**, you finish at **300**
6,360 push-ups in total

WEEK 1	DAY 1 180 START	DAY 2 185	DAY 3 190	DAY 4 195	DAY 5 200	DAY 6 205	DAY 7 105 LIGHT + TEST
WEEK 2	DAY 8 210	DAY 9 215	DAY 10 220	DAY 11 225	DAY 12 230	DAY 13 235	DAY 14 120 LIGHT + TEST
WEEK 3	DAY 15 240	DAY 16 245	DAY 17 250	DAY 18 255	DAY 19 260	DAY 20 265	DAY 21 135 LIGHT + TEST
WEEK 4	DAY 22 270	DAY 23 275	DAY 24 280	DAY 25 285	DAY 26 290	DAY 27 295	DAY 28 300 Goal

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

YOUR SET

With a max of 30+, you do sets of 15 or more. If your max is over 50, try option C (one workout) or add harder variations from the ladder, so you are not grinding out hundreds of easy reps.

NOTES

100 DAYS × 300

When your plan ends, the real challenge begins. **300 push-ups every day.** Tick off every day you finish. Milestones: day 30, 50 and 100.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

☐ Milestone: take a photo and compare 30,000 push-ups in total

Rule 4 applies here too: never miss twice in a row.

MY PROGRESS

Write down every test (every 7th day).
New set = half your max.

TEST	PLAN DAY	DATE	MAX	NEW SET
#1				
#2				
#3				
#4				
#5				
#6				
#7				
#8				
#9				
#10				
#11				
#12				
#13				
#14				

PROGRESS PHOTOS

Same spot, same light, same angle. Stick them here or keep them in one album on your phone.

DAY 1

DAY 30

DAY 60

DAY 100

12 · RECOVERY

SORE MUSCLES, YES. JOINT PAIN, NO.

At high volume, your wrists, elbows and shoulders speak up first. Learn what's fine and what's a signal to stop:

GREEN

Sore chest, shoulders, triceps. Mostly in the first 2 weeks. **Keep following the plan.**

ORANGE

A stiff joint that loosens up after the warm-up. **Take a light day** and check your form.

RED

Sharp or shooting pain, swelling, tingling fingers. **Stop and see a doctor or physical therapist.**

WRISTS

Push-ups on your fists or on push-up handles keep the wrist straight. If your wrists hurt, that's the first change to try.

ELBOWS

Elbows close to your body (30–45°), don't snap them locked at the top. If the outside or inside of your elbow hurts, cut the volume for a few days.

SHOULDERS

Push-ups push, so add some pulling: 2–3× a week pull-ups, band rows or rows with water bottles. Your shoulders will thank you.

SLEEP

7–9 hours. Muscles and tendons repair while you sleep. Without sleep, no program moves.

LIGHT DAYS

Every 7th day is light on purpose. Don't skip it, even when you feel great. It's what lets you keep going for months.



13 · FOOD

FOOD MADE SIMPLE

No diet, no miracle powders. Four things that make the difference:

1 PROTEIN IN EVERY MEAL

Eggs, meat, fish, cottage cheese, skyr, beans and lentils. Aim for about 1.6 g of protein per kilogram of body weight a day (about 0.7 g per pound). At 80 kg (175 lb) that's roughly 130 g.

2 WATER

2–3 liters a day, more in summer and after training. A bottle on your desk is the easiest trick.

3 YOUR PLATE SHAPES YOUR BODY

Push-ups build strength and muscle, but they don't burn fat on their own. To lose weight, eat a little less than you burn. To gain, a little more.

4 SUPPLEMENTS? NOT NEEDED

If you want to add something, the best-researched one is creatine (3–5 g a day). A protein shake is just convenient food, not magic.

These are general recommendations, not a nutrition plan. If you have health limitations or a special diet, talk to a doctor or a dietitian.

HOW TO NEVER MISS A DAY

01
NEVER MISS TWICE

It happens to everyone once. Twice in a row is the beginning of the end. A bad day is followed by a good one, right away.

02
FIRST SET RIGHT AFTER YOU WAKE UP

Before you start thinking. Once the first set is done, the day is rolling.

03
FILM YOURSELF

I film every day. A short video, a photo, a number. After a month you have proof that pushes you on, and you can see your form improve.

04
STICK PUSH-UPS TO A HABIT

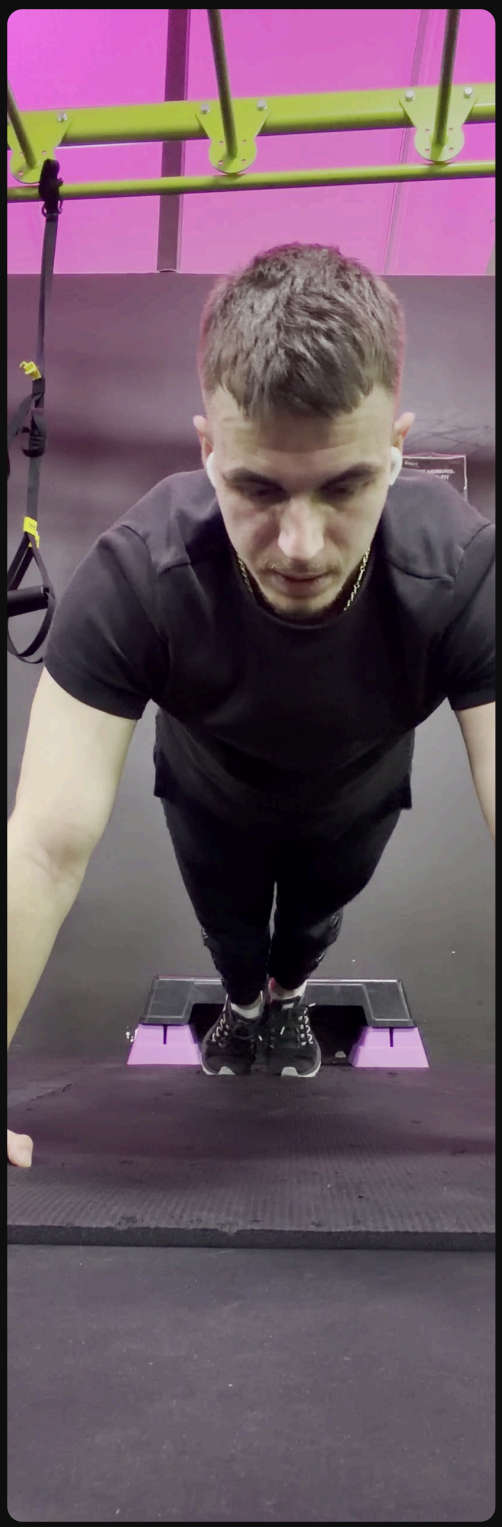
A set before coffee, before the shower, before every meal. A new habit holds best on an old one.

05
BAD DAY = LIGHT DAY

Sick, traveling, exhausted? Do at least a few sets and repeat the day tomorrow. A little is more than nothing.

06
SAY IT OUT LOUD

Post your challenge, tag me **@beyond_300** and use **#300pushupsaday**. When others are watching, you won't give up so easily.



15 · QUESTIONS

QUESTIONS AND ANSWERS

Do I have to do all the push-ups at once?

No. The daily target is the total for the whole day. Split it however suits you (page 10).

Do knee push-ups count?

In the START plan, yes, until you can do full push-ups. From the BASE level on, count only classic push-ups and harder variations.

Can I still go to the gym or run?

Yes. On days you train chest or shoulders at the gym, split your push-ups into more, smaller sets.

What if I miss a day?

No problem. Continue with the plan day you didn't finish. Just never miss twice in a row.

What if something hurts?

Follow the traffic light on page 16. Sharp joint pain is a stop sign, not a challenge.

How long do 300 push-ups take?

25–40 minutes of pure time. Spread over the day, it's 2–3 minutes a few times a day.

Is the program for women too?

Yes. The START plan with easier variations is made exactly so you can start where you are today.

Will my chest get bigger?

Push-ups strengthen your chest, shoulders, triceps and core. How much your body changes also depends on food, sleep and genetics.

Will push-ups make me lose weight?

Push-ups alone burn few calories. Weight loss comes mainly from food (page 17). Push-ups make sure there's something to show under the fat.

What's next once I can do 300?

Phase 300: 100 days of 300 push-ups. After that you can raise the difficulty: harder variations from the ladder, pauses at the bottom or a weighted vest.

Can I start if I'm overweight?

Yes, start the START plan with incline push-ups against a table. If you have health problems, talk to a doctor first.

Do I need the app?

No. You can print the plans. The app just saves you the counting: it tells you the target for the day and guards your streak.

AN APPLE A DAY KEEPS THE DOCTOR AWAY. 300 PUSH-UPS A DAY KEEP THE EXCUSES AWAY.

40+ PUSH-UPS

In a 10-year study of 1,104 active male firefighters, men who could do more than 40 push-ups had far fewer heart and blood-vessel events than men who managed fewer than 10.

Yang et al., JAMA Network Open, 2019

−10–17% RISK

Regular muscle-strengthening exercise was linked to a 10–17% lower risk of death from any cause, heart disease and cancer, with the biggest drop at about 30–60 minutes a week.

Momma et al., British Journal of Sports Medicine, 2022

= BENCH PRESS

In an 8-week study, push-ups built as much muscle and strength as the bench press at a matched load.

Kikuchi & Nakazato, Journal of Exercise Science & Fitness, 2017

2× A WEEK

The WHO recommends muscle-strengthening activities on 2 or more days a week. Push-ups cover chest, shoulders, arms and core.

WHO guidelines on physical activity and sedentary behaviour, 2020

≈ 60–100 KCAL

Roughly what 300 push-ups burn for an 80 kg person: about one banana. Push-ups build muscle and discipline; your plate decides fat loss (page 17).

2024 Compendium of Physical Activities: 7.5 METs × 6–10 active minutes

25–40 MIN

Pure time for all 300. Split over the day, it's a few minutes, a few times a day (page 10).

From this program

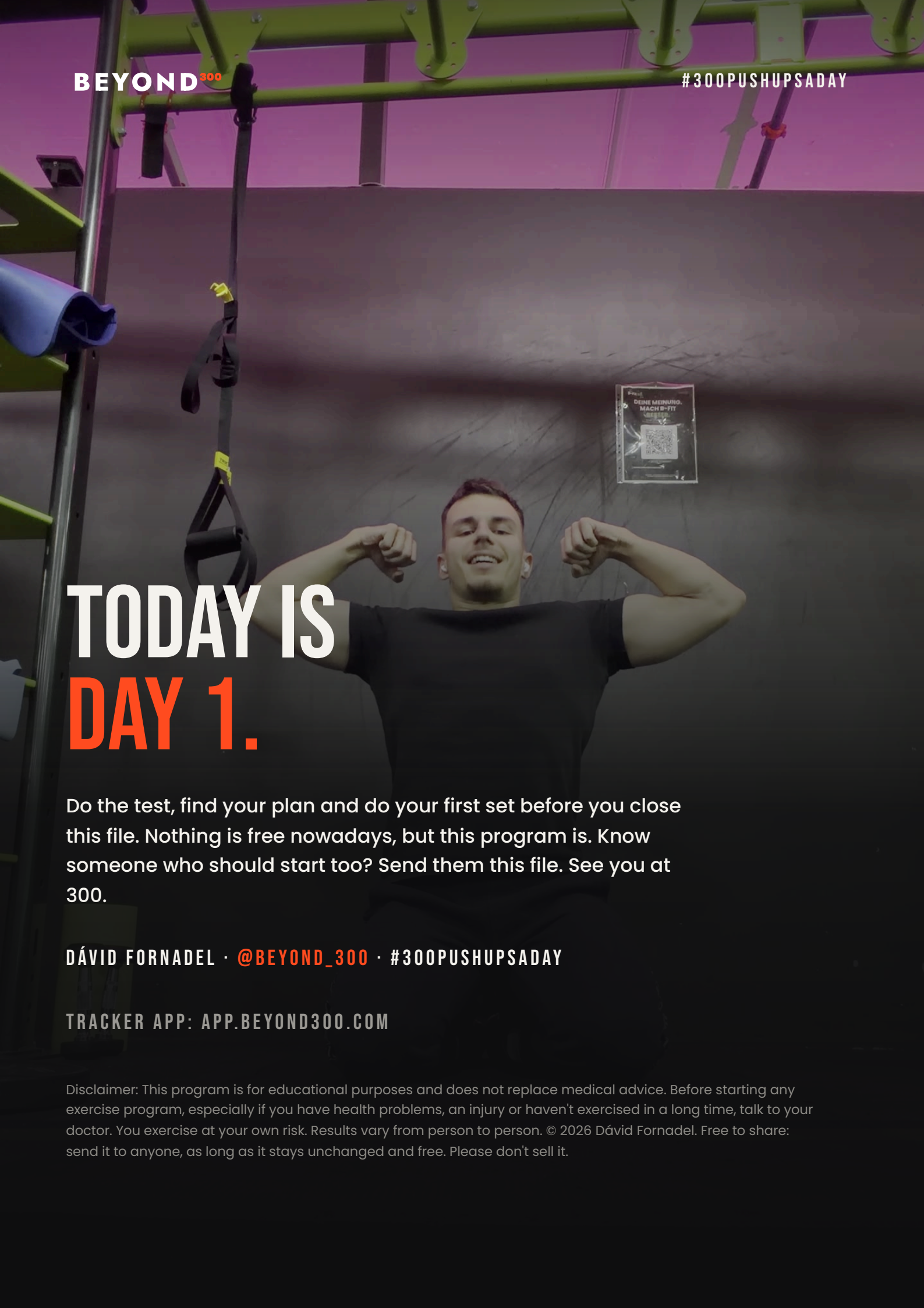
These studies show links, not guarantees. Results depend on you, your food and your sleep.

THE PROS

- Stronger chest, shoulders, arms and core
- No gym, no equipment, no membership
- Done in minutes, split over the day
- Every day you keep a promise to yourself
- Discipline that spills into everything else
- It's free

THE "CONS"

- You will feel unstoppable
- Your T-shirts will get tighter
- You'll catch yourself counting reps everywhere
- Friends will ask what you're doing differently
- Every doorframe starts to look like a pull-up bar
- "I don't have time" stops working as an excuse



TODAY IS DAY 1.

Do the test, find your plan and do your first set before you close this file. Nothing is free nowadays, but this program is. Know someone who should start too? Send them this file. See you at 300.

DÁVID FORNADEL · @BEYOND_300 · #300PUSHUPSADAY

TRACKER APP: APP.BEYOND300.COM

Disclaimer: This program is for educational purposes and does not replace medical advice. Before starting any exercise program, especially if you have health problems, an injury or haven't exercised in a long time, talk to your doctor. You exercise at your own risk. Results vary from person to person. © 2026 Dávid Fornadel. Free to share: send it to anyone, as long as it stays unchanged and free. Please don't sell it.