



Movement Unlock Plan

Rebuild • Realign • Restore

Client Overview

Name: Rohit Sharma

Age : 32 yrs

Gender: Male

Height : 175 cm

Weight: 78kg

Occupation: IT Professional (desk job)

Activity Level: Moderate

Goal: Unlock a full push-up on the floor with perfect form

This plan focuses on strength, control, and stability development in the chest, shoulders, triceps, and core — the key muscles for a solid push-up.

□ Assessment Summary

Category	Findings
Activity Level	Moderate – does yoga 2x/week
Pain / Injury	Mild wrist stiffness, rounded shoulders
Mobility	Average shoulder mobility, limited thoracic extension
Stability	Can hold plank 20–25 sec (hips sag slightly)
Strength	Can do 10 wall push-ups, 5 incline push-ups, no floor push-ups
Body Awareness	Breathes shallow, weak core activation
Confidence Level	7/10 (motivated but fears shoulder strain)
Main Limiting Factors	Core stability + shoulder control
Trainer's Notes	Focus on scapular strength, wrist prep, and core tension control

Training Goal

- ✓ Unlock a full push-up from the floor
- ✓ Build shoulder stability + core strength
- ✓ Fix posture and control during the movement

Duration: 8 Weeks

Frequency: 3–4 days/week

Rest: 1 day between sessions

8-Week Push-Up Progression Plan

Goal: Unlock a full floor push-up from wall push-ups

Frequency: 3–4 sessions per week

Equipment: Wall, sturdy bench or table, yoga mat

WEEK 1-2: Wall Push-Up Foundation □

Goal: Build strength and joint stability**

Exercise Routine:

1. Wall Push-ups — 3 sets × 12–15 reps

Stand about an arm's length away from the wall.

Maintain a straight body line (don't let hips sag).

Focus on full range of motion (nose almost touches the wall).

2. Incline Shoulder Taps (on wall) — 3×10 per side

3. Scapular Push-ups (on wall) — 3×10

Keep arms straight and only move shoulder blades.

4. Plank (on wall or incline) — 3×20–30 sec

Goal to progress: Perform 3 sets of 15 wall push-ups with controlled form.

WEEK 3-4: Incline Push-ups (Table or Counter)

Goal: Shift more bodyweight to arms**

Exercise Routine:

1. Incline Push-ups (hands on bench/table) — 4×10-12

2. Knee Plank Hold — 3×30 sec

3. Incline Shoulder Taps — 3×10 per side

4. Scapular Push-ups (on incline) — 3×10

5. Negative Incline Push-ups — 2×5

Slowly lower for 3-4 seconds, push up easier.

Goal to progress: Perform 3 sets of 12-15 clean incline push-ups.

WEEK 5-6: Knee Push-ups + Negatives

Goal: Strengthen through full range on the floor**

Exercise Routine:

1. Knee Push-ups — 4×8-10

Hands shoulder-width, core tight, hips neutral.

2. Negative Full Push-ups — 3×5 (Lower slowly for 4 seconds)

3. High Plank Hold — 3×30 sec

4. Shoulder Taps (from knees) — 3×10 per side

5. Scapular Push-ups (on floor) — 3×10

Goal to progress: Perform 4×10 knee push-ups with stable core and full range.

WEEK 7: Eccentric + Assisted Full Push-ups ⚡

Goal: Bridge the gap to full push-ups**

Exercise Routine:

1. Eccentric (Negative) Full Push-ups — 4×5

Lower yourself slowly to the floor (5 sec down).

2. Assisted Push-ups (use resistance band around chest or incline at lower height)
— 3×8-10

3. Knee Push-ups (as backup sets) — 2×10

4. Plank Shoulder Taps — 3×10 per side

5. High Plank Hold — 3×40 sec

Goal to progress: Control full descent without collapsing.

WEEK 8: Full Push-Up Mastery 🏆

Goal: Perform full standard push-ups**

Exercise Routine:

1. Full Push-ups — 3–5 sets × max reps (start with 2–5 reps)
2. Knee Push-ups (after failure) — 2×10
3. Scapular Push-ups — 3×10
4. Plank Shoulder Taps — 3×10 per side
5. Core Strength Work (e.g., Dead Bug / Bird Dog) — 3×10

Target:

- ☑ 5–10 full push-ups with controlled form and no back sagging.

□ Mobility & Recovery Routine (Daily 5–7 min)

Cat–Cow ×10

Thread-the-Needle ×8 each side

Wrist Flexion/Extension Stretch ×1 min

Shoulder Wall Angels ×10

Deep Diaphragmatic Breathing ×5

⊗ Key Cues Throughout the Program

- ✓ Wrists under shoulders
- ✓ Elbows at 45° angle (not flared)
- ✓ Core tight — ribs down, glutes active
- ✓ Inhale down, exhale up
- ✓ Full body moves as one unit

Expected Progress by Week

Week	Focus	Strength Marker
1-2	Wall control + core	15 wall push-ups
3-4	Incline strength	12 incline push-ups
5-6	Full range on knees	10 knee push-ups
7	Assisted full push-up	4-6 assisted reps
8	Full push-up mastery	5-10 full push-ups

Date:

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