



The Gentlemen's Pushup Club

Integrity - strength - perseverance

About Us

The GPUC is a free to join, Integrity based, Pushup Club. The concept is simple and the rewards are lifelong. Let us be clear, **this is a self-challenge, not a competition**. DO NOT join because of peer pressure or a need to please someone else. This only works if it comes from a pure heart- motivated by self-improvement.

But what if I fail? Here's a better question- What happens when you succeed? If you still need an answer to the question here it is- ABSOLUTELY NOTHING, no shaming, no trash talk, no regrets. Just get some rest and we hope to see you in the next session.

Finally- this concept is 100% integrity based. If you want to be a dirt bag no one will know- if you lie and cheat, it will eventually come to the surface. You will lose 7-man points and be banned for life.

So what's to stop me from forming my own? Absolutely nothing- this info is FREE! PLEASE CLONE IT, Take it and make your own- THE WORLD NEEDS MORE STRONG MEN!

Who can join?

Gentlemen of all ages are encouraged to join. The only requirements to join are:

1. You must be a man of valor willing to operate with integrity.
2. You must have a cell phone to participate in group accountability txt msgs.

How does it work?

Each program is “X amount” of weeks long

Each week runs Monday– Friday

Saturday & Sunday are rest days

The number of the week represents how many pushups must be done each day

Each day you have 24 hours to complete the required amount of pushups

12 midnight – 12 midnight

RULES OF ENGAGEMENT

- 1 Pushup Quota must be reported before midnight of each day via text msg.
It is not necessary to report numbers throughout the day- but it is helpful.
- 2 This system is integrity based- don’t be a dirt bag.
- 3 NO UNECESSARY CHATTER IN TXT THREAD!! This is not a place for jokes and distractions.
Depending on the size of your group, excessive msgs could become annoying.
- 4 At the end of your challenge, **your group leader is required** to give a gift to each man who completes the challenge. The type of gift is up to the leader.

Example:

Joe Cool : 100

Jerry Cool: 50

Jerry Cool: 75

Jerry Cool: 100

You may ONLY miss two daily quotas. no excuse will be given or excepted. If you can’t or won’t be completing your quota- you must test the work “PASS”

After two failures to complete your quota, you will be removed from your group.

DON’T SHAME YOUR BROTHER- instead offer help

Example

Joe Cool: 200

Danny Cool: 200

Jerry Cool: PASS

If you are having trouble completing your pushups, don't hide it. Reach out to your group for help! You may call for "backup" once.

The group may divide your remaining pushups, or a single member may take them on.

Example Text

Joe cool: SOS! I need to reach 700- I'm 200 short

Jerry cool: say less I got you

Jerry cool: 900 thumbs up emoji

Schedule (duration must be set and accepted by all members prior to start)

Week 1 100 per day

Week 2 200 per day

Week 3 300 per day

Week 4 400 per day

Week 5 500 per day

Week 6 600 per day

Week 7 700 per day

Week 8 800 per day

Week 9 900 per day

Week 10 1000 per day

Week 11 graduation recap and awards

Tips for Success

- Always stretch before, during and after pushups. This will prevent / eliminate elbow pain
- Go for quality- good form will prevent injury and help you to endure
- Utilize your compression pushups
- Meet with your group at least once a week to share techniques and stay motivated
- Any type of pushups except "girl pushups" will be accepted
- Take your rest days! You will need them

Good Luck Gentlemen