

POWER 10 WORKOUT



QUICK START SETUP

Step 1: Using the Harbinger® PushUp, perform as many push-ups as you can using good form and without stopping. This number is your 1 Set Max.

Step 2: Find the number closest to your Max in the first column of this chart. Use the second column for the number of sets and reps to complete in your workout.

Step 3: Challenge yourself by following the Harbinger PushUp Power 10 Workout calendar.

WARNING: Sport training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your physician. Always check equipment for worn or damaged parts before using. If any defects are found do not use this product.

MAX	SETS/REPS
10	8, 6, 4
20	14, 10, 6
30	20, 12, 8
40	26, 14, 10
50	30, 16, 12



NOTE: Customize your Power 10 Workout schedule by picking the workouts that best address the muscles you want to strengthen.

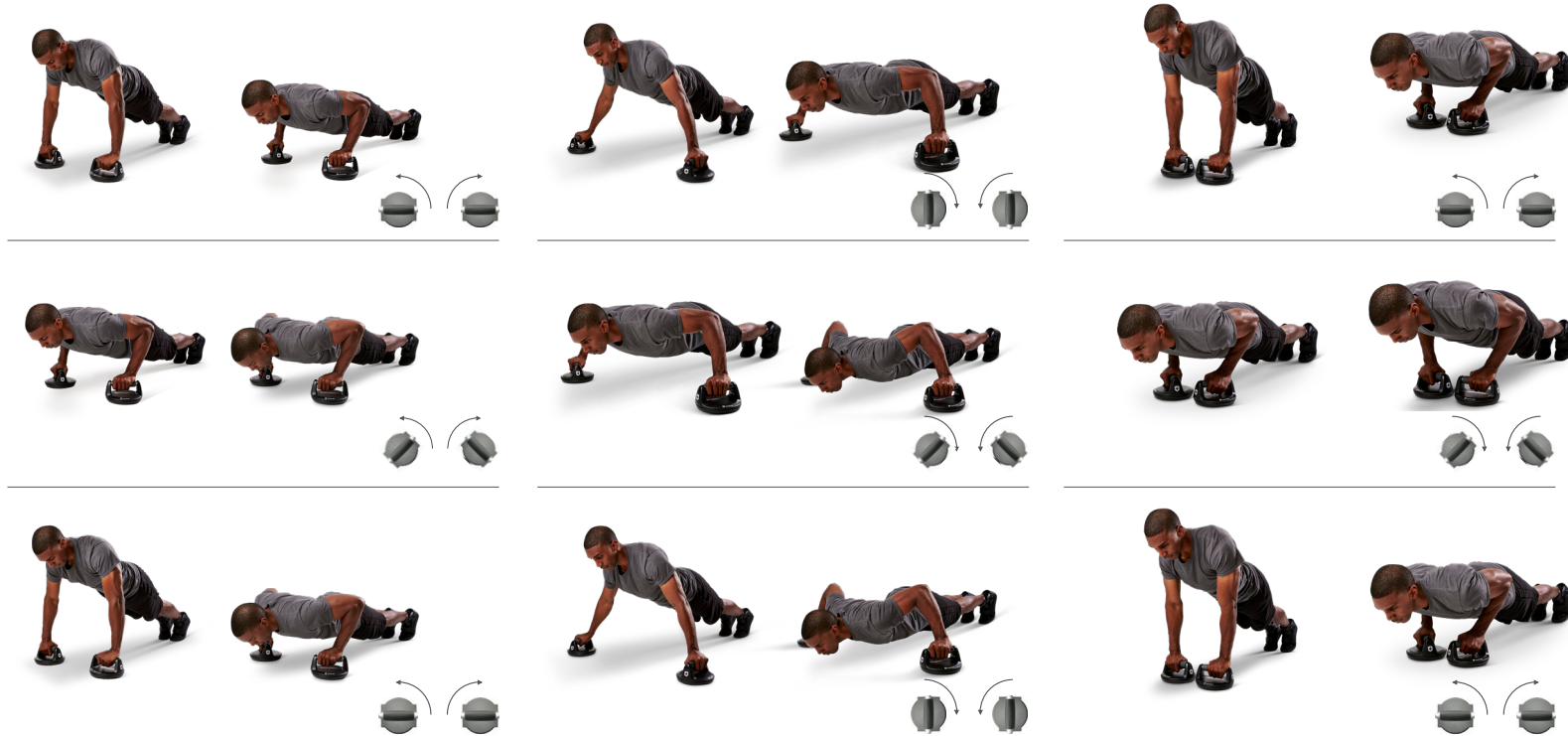
QUICK START SCHEDULE

DAY 1 Test your 1 Set Max 2 Workouts	DAY 2 OFF	DAY 3 3 Workouts	DAY 4 OFF	DAY 5 3 Workouts	DAY 6 OFF	DAY 7 3 Workouts
DAY 8 OFF	DAY 9 4 Workouts	DAY 10 OFF	DAY 11 4 Workouts	DAY 12 OFF	DAY 13 4 Workouts	DAY 14 OFF
DAY 15 5 Workouts	DAY 16 OFF	DAY 17 5 Workouts	DAY 18 OFF	DAY 19 5 Workouts	DAY 20 OFF	DAY 21 Re-test your 1 Set Max

POWER 10 WORKOUT



SUPER SET SLOW



REGULAR

Muscle focus:
Chest and Triceps

Movement (1 Rep):

- 3 reps up, half way down to all the way up
- 3 reps half way down to all the way down
- 3 reps using full range of motion

Tip:

Keep breathing steady: inhale down, exhale up.

MAX	SETS/REPS
10	3, 1
20	5, 3
30	7, 5
40	10, 6
50	12, 8

WIDE

Muscle focus:
Chest and Back

Movement (1 Rep):

- 3 reps up, half way down to all the way up
- 3 reps half way down to all the way down
- 3 reps using full range of motion

Tip:

Make sure your elbows are pointed out.

MAX	SETS/REPS
10	3, 1
20	5, 3
30	7, 5
40	10, 6
50	12, 8

CLOSE

Muscle focus:
Triceps

Movement (1 Rep):

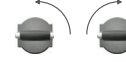
- 3 reps up, half way down to all the way up
- 3 reps half way down to all the way down
- 3 reps using full range of motion

Tip:

Make sure your elbows are straight back.

MAX	SETS/REPS
10	3, 1
20	5, 3
30	7, 5
40	10, 6
50	12, 8

POWER 10 WORKOUT



DIVE BOMBER

Muscle Focus

Arms and Shoulders

Movement:

- The 180 degree rotation can be tricky, practice the rotation before completing the full repetition
Start with your hips in the air and your feet shoulder width apart
- Lower your head and shoulders down to the handles
- Rotate the handles 180 degrees
- Arch your back as you push your head and shoulders up
- Reverse the process to return to the starting position

MAX	SETS/REPS
10	4, 2
20	8, 4
30	12, 6
40	16, 8
50	20, 10

POWER PUNCH

Muscle Focus

Biceps

Movements:

- The 180 degree rotation can be tricky, practice the rotation before completing the full repetition
- Slowly lower yourself down and then push up as hard as you can
- The upward movement should take less than 1 second to complete

MAX	SETS/REPS
10	8, 6, 4
20	14, 10, 6
30	20, 12, 8
40	26, 14, 10
50	30, 16, 12

ONE ARM ASSISTED

Muscle Focus

Triceps and Shoulders

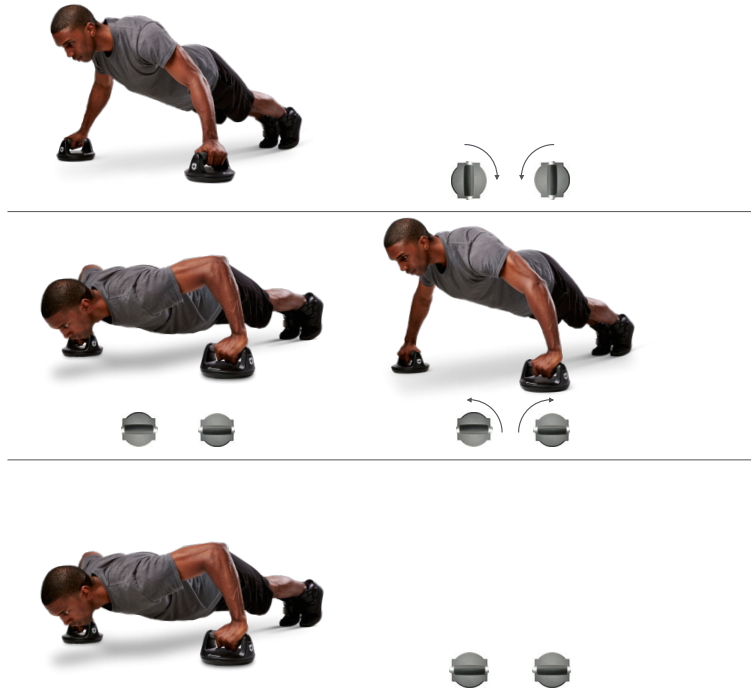
Movement:

- Shift your weight over the arm that is doing the work
- Rotate your active arm
- Let your other arm relax as you work the muscles on the active arm

MAX	SETS/REPS
10	4, 3, 2
20	8, 4, 2
30	12, 8, 4
40	16, 12, 6
50	20, 14, 10

NOTE: Complete drills for both of your arms.

POWER 10 WORKOUT



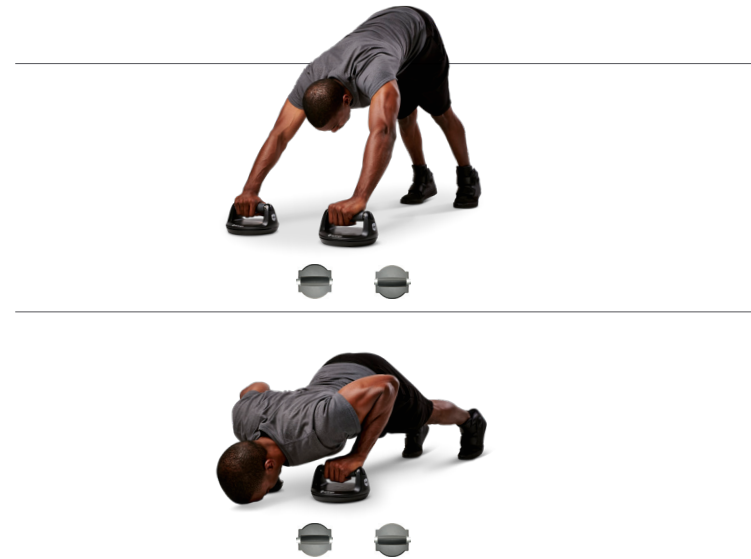
DOUBLE WIDE

Muscle focus:
Chest and Back

Movement:

- Start the drill with your hands rotated out
- Place your hands 2 hand measurements wider than shoulder width apart
- Conduct 2 sets of wide position push ups: during the 1st set hands rotate in, on the 2nd set hands rotate out
- Point your elbows out in both sets

MAX	SETS/REPS
10	4, 3, 2
20	7, 5, 3
30	10, 6, 4
40	13, 7, 5
50	15, 8, 6



SHOULDER PRESS

Muscle focus:
Shoulders

Movement:

- No rotation is necessary
- Your feet should be shoulder width apart
- Push your hips up
- Look between the handles as you lower your forehead to the floor

MAX	SETS/REPS
10	3, 1
20	5, 3
30	7, 5
40	10, 6
50	12, 8

POWER 10 WORKOUT



MOUNTAIN CLIMBER

Muscle focus:

Abs

Movement:

- Start in a regular push-up position
- Use your lower abdominals to pull your knees at a 4 count cadence (left knee, right knee)
- No rotation is necessary

MAX	SETS/REPS
10	10, 10, 10
20	15, 15, 15
30	20, 20, 20
40	25, 25, 25
50	30, 30, 30

PUSH-UP BURPEE

Muscle focus:

Total Body

Movement:

- Lower your hands to a regular push-up position
- Kick both legs out to a push up position
- Complete 1 push-up
- Use your abdominals to pull both knees up to your hands
- Stand up and start again

MAX	SETS/REPS
10	5
20	10
30	15
40	20
50	25

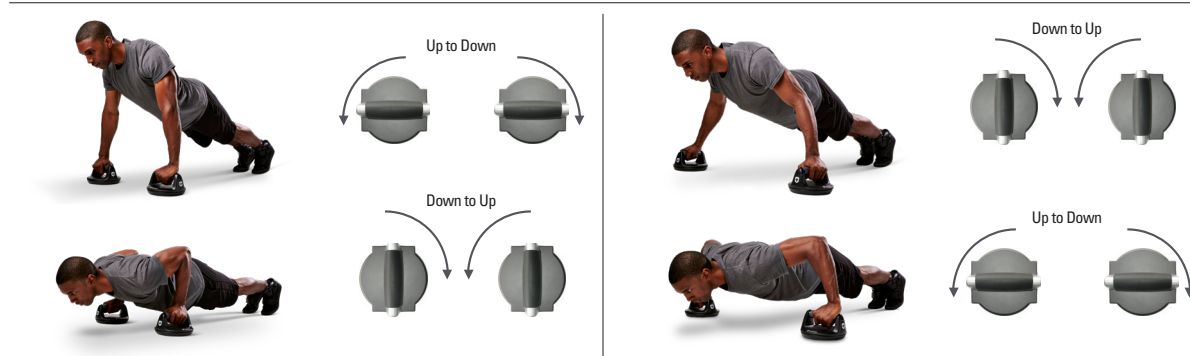
WORKOUT CHART

Natural Movement Training

Harbinger's training philosophy is named the Natural Movement Training (NMT). The training takes simple movements from everyday life and adds intensity (through rotation, core stabilization or resistance), or provides accessibility to exercises so that users of all fitness levels can achieve their fitness goals. This helps you to improve your performance and feel better during everyday activities.

Anatomy of the Harbinger® PushUp Products

The elevated handles provide a comfortable placement for your hands and a neutral grip. Rotation creates the proper chain reaction in your arm and shoulder complex, and through the trunk. This places greater demands on your core, shoulder and arm muscles, and results in a more intense exercise.



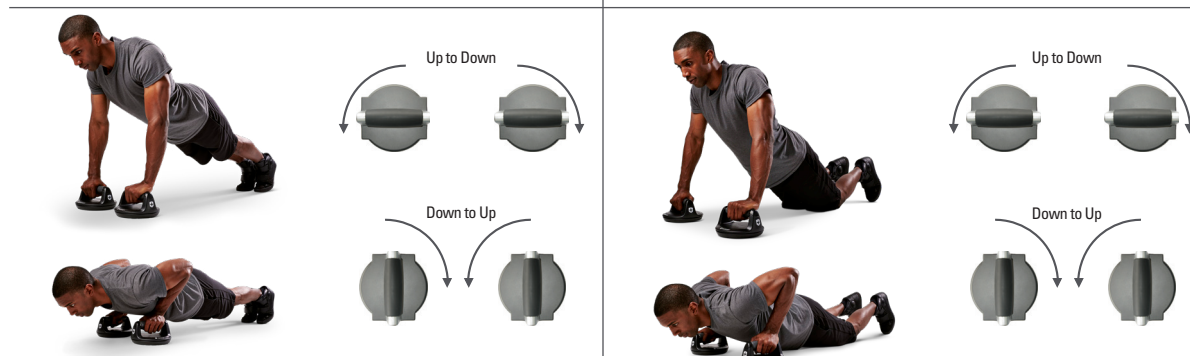
REGULAR POSITION

- Place your hands slightly wider than shoulder width apart
- Keep your neck, back, and legs in alignment
- Keep your head in a neutral position, ears should remain above shoulders
- Contract your abdominals and pull your navel into your spine

WIDE POSITION

Note: The rotation is opposite of the Regular Position

- Place your hands two hand widths wider than shoulders
- Keep your head in a neutral position, ears should remain above shoulders
- Down position - point your elbows straight out



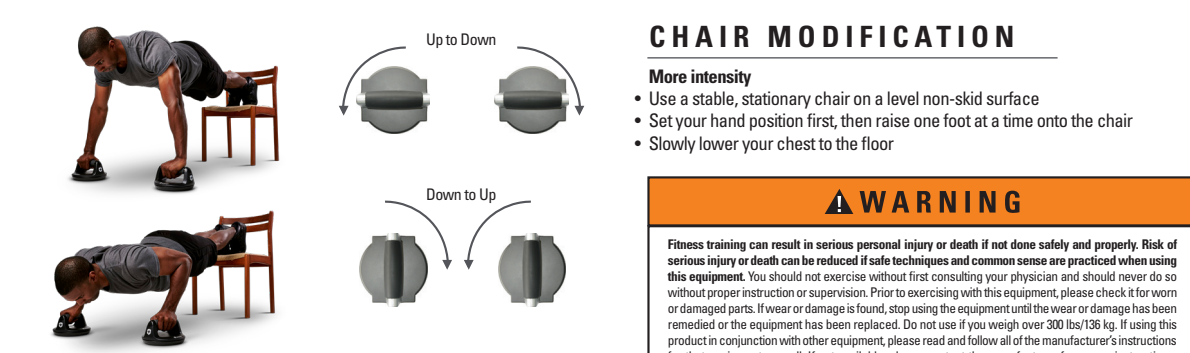
CLOSE POSITION

- Your hands should be directly below shoulders
- Keep your head in a neutral position, ears should remain above shoulders
- Point your elbows straight back as you rotate outward to the down position

KNEE MODIFICATION

Less intensity - Include with Regular, Wide and Close Positions in your Workouts

- Your feet remain off the floor, hips in line with your thighs
- Contract your abs by pulling your navel into your spine
- Keep your back straight with your head and neck over your shoulders



CHAIR MODIFICATION

More intensity

- Use a stable, stationary chair on a level non-skid surface
- Set your hand position first, then raise one foot at a time onto the chair
- Slowly lower your chest to the floor

⚠ WARNING

Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment, please check it for worn or damaged parts. If wear or damage is found, stop using the equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use if you weigh over 300 lbs/136 kg. If using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Harbinger products you can visit our website www.HarbingerFitness.com for more information.

PUSH-UP WORKOUTS



Harbinger®

DEFINE YOUR WORKOUTS

Step 1: Using the Harbinger® PushUp Pro, perform as many Regular Position push-ups as you can using good form and without stopping. This number is your 1 Set Max.

Step 2: In the 2-Minute Drills chart to the right, find the number closest to your 1 Set Max in the first column. Use that row for the number of repetitions in your workout. For example, if your Max is 12, use the 10 row. If it's 17, then use the 20 row. If it's 15, go up or down depending on how well you maintained form doing your 1 Set Max.

Step 3: Start by using the 2-Minute Drills chart. For example, if your Regular Position workout is "8, 6, 4" this means you perform 8 regular push-ups, rest, perform 6, rest, and finish with 4 (all within 2 minutes). At your own pace throughout the day, perform 2-Minute Drills to complete the Wide and Close Position push-ups. See the chart below as an example of how to establish a long term routine.

Note: If you struggle to complete the workouts, use the Knee Modification until you build up enough strength to perform them completely without kneeling. If the workouts are too easy, add some Chair Modifications. Re-test your 1 Set Max after every 21 days and move up the workout chart.

2-MINUTE DRILLS



1 SET MAX	REGULAR	WIDE	CLOSE
0	4, 3, 2, 1*	4, 3, 2, 1*	4, 3, 2, 1*
10	8, 6, 4	8, 6, 4	8, 6, 4
20	14, 10, 6	14, 10, 6	14, 10, 6
30	22, 14, 8	22, 14, 8	22, 14, 8
40	26, 14, 8	26, 14, 8	26, 14, 8
50	30, 16, 8	30, 16, 8	30, 16, 8

*Use Knee Modification

CHECKLIST

HEAD: Neutral position, keep your ears in line with your shoulders and spine

BACK: Straight, keep your lower back flat

ARMS: As you lower your chest, your upper arms should be parallel to floor

ABS: Contract your abs and pull your navel toward spine

LEGS: Straight, your knees should be in line with your hips

PACE: 2 seconds per push-up (1 second down, 1 second up)

BREATHE: Inhale on the way down, exhale on the way up



INCREASE YOUR PUSH-UP MAX IN 21 DAYS

Day 1: Test your 1 Set Max doing Regular Position push-ups. Add the 2-Minute Drills for Wide and Close Position push-ups.

Day 2-7: Complete 2-Minute Drills for Regular, Wide, and Close Position push-ups at various intervals throughout the day.

Day 8-20: Increase your sets and add variety. See example push-up schedule below.

Day 21: Re-test your 1 Set Max and start your 21-day Workout Schedule again.

Note: Perform your 2-Minute Drills at your own pace during the day. We recommend warming up before performing any workout. Perform the drills 1-4 times per week, incorporating them into your overall training schedule. **Never do more than your body can comfortably accomplish.**

DAY 1 1 Regular 1 Wide 1 Close	DAY 2 OFF	DAY 3 1 Regular 1 Wide 1 Close	DAY 4 OFF	DAY 5 1 Regular 1 Wide 1 Close	DAY 6 OFF	DAY 7 2 Regular 1 Wide 1 Close
DAY 8 OFF	DAY 9 2 Regular 1 Wide 1 Close	DAY 10 OFF	DAY 11 1 Regular Chair 1 Regular 1 Wide 1 Close	DAY 12 OFF	DAY 13 1 Regular Chair 1 Regular 1 Wide 1 Close	DAY 14 OFF
DAY 15 2 Regular Chair 1 Wide 1 Close	DAY 16 OFF	DAY 17 2 Regular Chair 1 Wide Chair 1 Close Chair	DAY 18 OFF	DAY 19 2 Regular Chair 1 Wide 1 Close	DAY 20 OFF	DAY 21 Re-test your 1 Set Max

Note: The sample push-up schedule above is meant to supplement physical training and is not meant as a replacement for a well-rounded workout routine. Please exercise caution when integrating push-ups into your existing training program and listen to your body. **If there is pain, do not proceed.** As with any balanced training regimen, be sure to integrate total body resistance training, cardiovascular and flexibility sessions into your workouts.

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