

pushup workout schedule

pushup workout schedule is the foundation for building upper body strength, endurance, and overall fitness. Whether you're a beginner aiming to master the basics or an advanced athlete looking to break through plateaus, a well-structured pushup routine can help you achieve your goals efficiently. This article explores how to design a personalized pushup workout schedule, covers different pushup variations, explains progression strategies, and provides tips for maximizing results. You'll learn how to set realistic targets, avoid common mistakes, and adjust your plan to suit your fitness level. By understanding the principles behind effective scheduling, you can harness the full benefits of pushup training. Read on for a comprehensive guide to creating a pushup workout schedule that fits your goals and lifestyle.

- Understanding the Importance of a Pushup Workout Schedule
- Setting Realistic Goals for Your Pushup Routine
- Pushup Variations to Enhance Your Schedule
- Structuring Your Pushup Workout Schedule
- Progression Strategies for Pushup Performance
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- Tips for Recovery and Injury Prevention
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Understanding the Importance of a Pushup Workout Schedule

A pushup workout schedule provides structure and consistency, which are essential for achieving measurable results. By organizing your pushup sessions throughout the week, you can avoid overtraining and ensure you're maximizing muscle growth and endurance. Scheduling also allows for progressive overload, helping you steadily increase the number of repetitions or difficulty over time. A dedicated pushup routine is effective for improving chest, shoulder, triceps, and core strength. The scheduling component is crucial for maintaining motivation, tracking progress, and integrating pushups with other fitness activities.

Setting Realistic Goals for Your Pushup Routine

Assessing Your Starting Point

Before developing a pushup workout schedule, it's important to assess your current fitness level. Perform a max-repetition test with proper form to determine your baseline. This will help you set achievable targets and avoid injury.

Goal Types: Strength, Endurance, and Technique

Different individuals have varying goals, such as increasing pushup count, perfecting technique, or building muscular endurance. Define your primary goal to tailor your schedule accordingly. Setting realistic, time-bound objectives keeps you motivated and focused.

SMART Goal Setting for Pushups

Applying the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) framework ensures your pushup goals are clear and attainable. For example, "Increase my max pushups from 15 to 30 in eight weeks" is a SMART goal.

- **Specific:** Target a clear number or technique improvement.
- **Measurable:** Track repetitions or sets each week.
- **Achievable:** Set targets based on your baseline assessment.
- **Relevant:** Align goals with overall fitness objectives.
- **Time-bound:** Establish a timeline for your progress.

Pushup Variations to Enhance Your Schedule

Standard Pushup

The standard pushup is the foundation for upper body development. It targets the chest, shoulders, triceps, and core muscles. Proper form is essential to maximize benefits and minimize injury risk.

Wide Grip and Diamond Pushups

Wide grip pushups emphasize the chest, while diamond pushups target the triceps and inner chest. Including these variations in your pushup workout schedule ensures balanced muscle development.

Incline and Decline Pushups

Incline pushups reduce intensity and are suitable for beginners, while decline pushups increase difficulty and emphasize the upper chest and shoulders. Both are valuable additions to a progressive routine.

Plyometric and One-Arm Pushups

For advanced athletes, plyometric (explosive) pushups and one-arm pushups provide new challenges. These variations develop power and unilateral strength, keeping your schedule dynamic and engaging.

1. Standard Pushup
2. Wide Grip Pushup
3. Diamond Pushup
4. Incline Pushup
5. Decline Pushup
6. Plyometric Pushup
7. One-Arm Pushup

Structuring Your Pushup Workout Schedule

Frequency and Volume

The frequency of your pushup sessions depends on your experience and recovery ability. Beginners may start with two to three sessions per week, while advanced individuals can perform pushups four to six times weekly. Total volume (repetitions and sets) should be adjusted based on your goals and fitness level.

Weekly Breakdown and Progression

A balanced pushup workout schedule includes rest days for recovery and gradual increases in workload. Alternating between high-repetition endurance sessions and strength-focused low-rep sets stimulates different muscle fibers and supports continuous improvement.

Integrating Pushups with Other Training

Pushups can be combined with other bodyweight or resistance exercises for a well-rounded upper body routine. Incorporating pushups into full-body workouts enhances overall strength and prevents muscle imbalances.

Progression Strategies for Pushup Performance

Increasing Repetitions and Sets

To make consistent progress, gradually increase the number of repetitions or sets each week. Small, incremental changes prevent plateaus and reduce injury risk.

Advance with Pushup Variations

Progressing to more challenging pushup variations keeps your muscles adapting. Integrating incline, decline, diamond, and plyometric pushups into your schedule promotes balanced strength gains.

Tracking and Adjusting Your Schedule

Record your sets, reps, and variations to monitor progress. Adjust your schedule as needed based on performance and recovery. Consistent tracking ensures long-term improvement and goal achievement.

Common Mistakes and How to Avoid Them

Neglecting Proper Form

Poor form can lead to injury and limit results. Always maintain a straight body line, engage your core, and use controlled movements. Avoid flared elbows and sagging hips.

Overtraining and Insufficient Rest

Training too frequently without adequate recovery may cause muscle fatigue and slow progress. Incorporate rest days and listen to your body to prevent burnout.

Lack of Variation

Repeating the same pushup type can cause muscle adaptation and slow improvements. Rotate

through different pushup variations for optimal results.

- Always warm up before pushup workouts.
- Focus on quality over quantity.
- Monitor your recovery and adjust frequency as needed.
- Include pushup variations for balanced development.

Tips for Recovery and Injury Prevention

Importance of Rest Days

Rest days are essential for muscle repair and growth. Space your pushup sessions to allow sufficient recovery between workouts, especially after intense sessions.

Stretching and Mobility Exercises

Incorporate dynamic stretching and mobility drills before and after workouts to enhance flexibility and reduce injury risk. Pay attention to the shoulders, chest, and wrists.

Nutrition and Hydration

Supporting your pushup workout schedule with proper nutrition fuels muscle growth and aids recovery. Stay hydrated and consume adequate protein to optimize results.

Sample Pushup Workout Schedules

Beginner Pushup Schedule

A beginner pushup workout schedule focuses on mastering form and building endurance. Sample weekly plan:

- Day 1: 3 sets of 8–12 standard pushups
- Day 2: Rest or active recovery
- Day 3: 3 sets of 10 incline pushups

- Day 4: Rest or mobility work
- Day 5: 2 sets of 10 wide grip pushups + 2 sets of 8 diamond pushups
- Day 6: Rest
- Day 7: Full-body stretching and light cardio

Intermediate Pushup Schedule

Intermediate athletes can increase volume and add variations. Example:

- Day 1: 4 sets of 15 standard pushups + 2 sets of 10 decline pushups
- Day 2: Active recovery
- Day 3: 3 sets of 12 diamond pushups + 3 sets of 10 plyometric pushups
- Day 4: Rest
- Day 5: 4 sets of 12 wide grip pushups
- Day 6: 2 sets of max reps standard pushups
- Day 7: Mobility and stretching

Advanced Pushup Schedule

Advanced practitioners should focus on higher intensity and challenging variations. Sample week:

- Day 1: 5 sets of 20 standard pushups + 3 sets of 10 one-arm pushups
- Day 2: 4 sets of 15 plyometric pushups + 3 sets of 15 decline pushups
- Day 3: Active recovery
- Day 4: 4 sets of 20 diamond pushups + 4 sets of 20 wide grip pushups
- Day 5: 2 sets of max reps pushup variation of choice
- Day 6: Rest
- Day 7: Full-body stretching and foam rolling

Customizing your pushup workout schedule to your experience level and goals ensures consistent progress. Regularly update your plan as your strength and endurance improve for continued results.

Trending and Relevant Questions and Answers about Pushup Workout Schedule

Q: How many days a week should I do pushups for optimal results?

A: Most individuals benefit from performing pushups 3–5 times per week, allowing for rest days to promote muscle recovery and growth. Beginners may start with 2–3 sessions, while advanced athletes can handle up to 6 sessions weekly with proper scheduling.

Q: What is the best way to structure a pushup workout schedule for beginners?

A: Beginners should focus on mastering form and gradually increasing repetitions. A typical beginner schedule includes 2–3 sets of standard pushups on alternate days, with rest or active recovery in between, and occasional pushup variations for balanced muscle engagement.

Q: How can I increase the number of pushups I can do?

A: To increase pushup capacity, progressively add repetitions or sets each week, incorporate different pushup variations, and ensure adequate rest and nutrition. Tracking progress and maintaining proper technique are essential for consistent improvement.

Q: What pushup variations should I include in my schedule?

A: Effective pushup workout schedules incorporate standard, wide grip, diamond, incline, decline, and plyometric pushups. Including a mix of these variations targets different muscle groups and prevents plateaus.

Q: Is it safe to do pushups every day?

A: Daily pushups can be safe for experienced individuals with proper recovery and variation, but most people benefit from rest days to avoid overtraining and reduce injury risk. Listen to your body and adjust frequency as needed.

Q: How long does it take to see results from a pushup

workout schedule?

A: With consistent effort and a well-structured schedule, visible improvements in strength and endurance can be seen within 4–8 weeks. Progress varies based on individual fitness levels, nutrition, and adherence to the plan.

Q: Should I combine pushups with other exercises?

A: Combining pushups with other bodyweight or resistance exercises, such as squats, planks, and pull-ups, creates a balanced upper body routine and enhances overall fitness.

Q: How do I prevent wrist pain during pushup workouts?

A: To prevent wrist pain, perform a thorough warm-up, use proper hand positioning, and consider pushup handles or knuckle pushups. Stretching and strengthening the wrists can also minimize discomfort.

Q: Can pushup workout schedules help build muscle mass?

A: Yes, structured pushup routines can build muscle mass, especially when combined with progressive overload, varied pushup types, and adequate nutrition.

Q: What should I do if I hit a plateau in my pushup routine?

A: To overcome a plateau, adjust the pushup variation, increase intensity, modify volume, or incorporate advanced techniques like tempo changes and supersets. Regularly updating your schedule keeps your muscles adapting and improving.

Pushup Workout Schedule

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friend has used, when you eat the right foods and exercise hard enough, you are going to get results. And it's not all regarding count calories, although this is very important. You need to select out the correct varieties of food. A bag of M&M's can have regarding identical calories as 2 apples, however that one does one assume your body can react to the best? This program is the best one no matter what your weight loss or bulking up goals may be. It is a proven plan that is easy to follow, but it is going to take some hard work to keep up. But this is what you need to get results. Walking at a slow pace may be a good way to get yourself started if you have never worked out in the past, but if you really want to see results, you need to push your body to the limits and the program outlined in this book is really successful at helping you out. Don't be scared about the intensity of this program. You can go at your own speed and as a beginner; you'll quickly catch on and see some wonderful results. After simply a couple of weeks, you will feel stronger, see more lean muscle in your body, and even see some amazing weight loss. Just follow the program outlined and go through each phase and the results are yours. In this guidebook, you will get all the workouts that you need to keep busy and see results in just 12 weeks. In addition, we will spend some time talking about stretching, how to get the proper nutrition and some tips to stay safe while working out. This is AN intense program, however it's meant to provide you results. In just a few weeks, you will feel stronger and will start bragging about how great you look Scroll up the page and click on BUY NOW for getting plan scheduled !!!

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pushup workout schedule: Rapid Start Workout Program Arnel Ricafranca, 2015-02-09 About The Rapid Start Workout Program The Rapid Start Workouts was specifically designed to ramp someone up to be able to do any workout program that they choose. Doesn't matter if you haven't worked out in years or a seasoned fitness veteran. We all need start "ramp up" to prime those muscles, get familiar with the workout programming and fundamental movements, and get back into the groove. Timing Of The Workouts There are 8 workouts below starting from an easier workout and slowly getting harder as you finish all 8. Each workout is under 30 minutes and is to be completed in order within 2-3 days apart. For example, Monday complete Rapid Start 1, Wednesday complete Rapid Start 2. Friday complete Rapid Start 3 until all 8 are finished. Standard Or Scaled Each workout has 2 versions, a standard version and a scaled version. The scaled version of the workout is easier and the standard workout is harder. We did this to provide a ramp up experience for various fitness levels. It's ok to switch back and forth, just do your best at each and every workout. If you choose the scaled variation, we highly recommend repeating this as your next step but as standard.

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pushup workout schedule: Hybrid 3 Workout Program Arnel Ricafranca, 2015-02-13 About The Hybrid3 Workout Program The Hybrid Workouts / WOD's consists of a combination of Outside Resistance + Bodyweight + Metabolic Conditioning. The Power of 3 is taking the Hybrid approach

and creating a synergistic marriage by performing at a high intensity, compacting the workload into a short duration (density), and varying all the factors (diversity). This creates one bad ass workout. Timing Of The Workouts There are a total of 13 workouts in the Hybrid Power of 3 Series. Each workout is under 30 minutes and is to be completed in order within 2-3 days apart. I recommend working out every Monday, Wednesday, and Friday until completion. Standard Or Scaled Each workout has 2 versions, a standard version and a scaled version. The scaled version of the workout is easier and the standard workout is harder. The standard version of the workout requires a variety of dumbbells (or bands), box or chair, and a pullup bar. The scaled version of the workout does NOT require a pullup bar. But it does require dumbbells (or bands) and a box or chair. Enjoy!

pushup workout schedule: Pushup Central Rahul Mookerjee, If you had to choose but ONE exercise, pushups would be it. The main goals of any training program are as follows (either all, or one of the following) - Supreme health and fitness from the inside out - as well as INNER vitality Core strength, and that ripped midsection everyone wants - along with the associated HEALTH benefits. A clear mind and an ability to focus like a horse with blinders on even the most DAUNTING of goals out there. Either fitness wise or life wise. WEIGHT LOSS - that bug bear we're ALL concerned about, hehe, and getting rid of the lard lumps. Building layer upon layer of FUNCTIONAL muscle (as opposed to the bloat you get at the gym). Increase stamina and a sense of calm and well being throughout the day. And those, my friend are just off the top of my head. Those are the major workout goals for most people, and the pushup will address all these concerns in a royal manner - and then some! Not to mention getting in a workout in the minimum amount of time - - with a minimum of space available. All you need is a floor and a wall - - and you're set! However, tell the average guy he can get a complete workout by doing nothing other than pushups alone - and he'll likely look at you as if you've gone off your rocker. This course should do MUCH, if not ALL to prevent this sort of silly notion from spreading any further than it has. Damage control I know, but an ocean is made up of DROPS, my friend, and enough damage control will ensure that people in general will (finally) start to get back into the sort of shape they were meant to be - as opposed to fat, lazy, slovenly creatures stuffing all sorts of junk down their gullet all day long. Pushups, my friend will turn you into the REAL MAN - or woman you were meant to be. You'll not only look and feel a lot better when adopting this exercise as the mainstay of your routine - but you'll also have a laser sharp MIND capable of accomplishing just about anything you put your mind to - be that in terms of LIFE - or workout. The immortal Bruce Lee did these all the time - - he was reputed to have done 400 one arm, 2 finger pushups -at a STRETCH! The benefits YOU can expect to get from this course A rock solid midsection and a core that looks like it's carved from STEEL. I don't care if you're a boxer, or martial artist, or just the everyday blob, hehe (sorry, but sometimes one has to be honest) - - we could ALL use that sort of a midsection - - not to mention the six pack - - doncha think? If you've been suffering from IBS - or flatulence - or those annoying issues that make you constantly have to go - well - you might as well kiss them goodbye once you start on these exercises! Your entire abdominal region and lower back will become rock solid - and health issues will become a thing of the PAST. You'll build a massive upper body - shoulders and chest -not to mention slabs of MUSCLE all over back - especially the upper back - and this won't be the bloated gym muscle you see all over the place that looks good, but ain't got squat to back it up, hehe (pun intended!) Your legs will get the workout of their lives on some of these pushups - believe me now - and trust me LATER! You'll start to lose FAT - that unsightly blubber around your waist and midsection specifically within a FEW workouts. That's right - and this fat loss will be so RAPID you'll not only wonder where the love handles, muffin tops, bingo wings etc WENT - - but you'll be scratching your head in amazement at the sheer SPEED you'll lose weight at! Improved digestion is a given - not to mention an increased appetite. You'll be able to eat more, and still not turn into Tubbo i.e. no more unsightly lard anywhere on your frame! You'll be able to fit into clothes you haven't fit into for years. Friends and co-workers won't believe the rapid changes in you - and will ALL want to know the secret! .. And a LOT more! Jump on this NOW, my friend. Its THAT good!

pushup workout schedule: Death, Taxes, & Push-ups Ted Skup, 2009-04 In Death, Taxes &

Push-ups, Skup confesses his secret obsession with the exercise and how it transformed him into a lean, mean, pushing machine. He contends that with fitness levels at an all-time low, fitness should be a national priority. He also shows that the most important element in becoming and staying fit is consistency, which is achieved through a fitness program that you can perform anytime or anyplace. You have an arsenal of exercise options at your disposal, and push-ups are the ultimate choice. Skup also takes on the 35-billion-dollar fitness industry and explains why it is failing us, with its bogus claims, magic bullets, and quick fixes. Although the fitness industry may not want to hear it, push-ups are free no equipment, no gimmicks and totally portable. They work for busy executives as well as people with tight budgets. The definition of good health is a sense of well-being, and Death, Taxes & Push-ups will be your guide to reaching that goal.

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pushup workout schedule: Bodyweight Workouts For Men: Simple And Effective Home Exercises You Can Do Anytime To Get Fit And Stay In Shape Francis Papun, 2022-11-18 Are you ready to get fit and stay in shape? Are you looking forward to living a healthier life and feeling much better without subscribing to expensive gym memberships or using expensive equipment? Do you often experience body aches and joint pains? You can say goodbye to all the pains and feel fresh all day. You can live healthier, happy, and have a better quality of life by incorporating Bodyweight Workouts for Men in your daily workout plan. The bodyweight workouts for men provide you with a useful and powerful way to build muscle mass, increase your strength, improve your flexibility, burn body fat, and have lean muscles. All you need is just gravity and your own body as Barbell to build strong and leaner muscles in just 12 weeks. You can do the workouts from anywhere and get into fantastic shape. The workout plans in this book are simple and efficient. They are also cost-effective, time-efficient, and safe for individuals of all ages. The bodyweight workout plan is designed for beginners, advanced users, and seniors. Wondering which exercises you should do for your core and glute muscles? Do you have a specific health condition, and wondering if there are specific exercises that target your specific health condition? You don't have to worry anymore; this book is designed specifically for you. It has several types of exercises that target specific muscles in your body. Each exercise targets multiple muscles and focuses on improving your stability and muscular strength. With consistency and determination, you can reach the level of fitness you desire! In Bodyweight Workouts for Men, you'll discover: ● Why bodyweight exercises are the #1 at-home workout for anyone who wants to stay in shape and healthy. ● Training tips for beginners to get them started ● What you need to know when starting up the exercises and how you can increase the intensity of the exercises. ● How to design your workout plan by determining the number of sets and reps to do in each exercise. ● Simple ways on how to stretch and warm up your body to avoid injuries and strain

of the muscles. ● A list of different exercises you can do to work out on several muscles in your body. ... and so much more If you're ready to live a healthy lifestyle and improve your well-being, join our Bodyweight Workouts for Men training program and enjoy the hottest fitness trends that bring rapid results, then scroll up and click the "Add to Cart" button right now.

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pushup workout schedule: Built for Show Nate Green, 2008-11-20 Every guy is looking for an edge, some way to get single women his age to notice him more than they do now. Unfortunately, most guys have absolutely no idea what kind of body automatically flips a girl's attraction switch. Nate Green does. *Built for Show* is the first fitness book to address young men on the prowl. It's not just written for them; it's written by one of them. Green, who's just twenty- three years old, is already a veteran fitness professional who's been quoted in *Men's Health* and *Maximum Fitness* magazines. Green offers four twelve- week workout programs, each with a seasonal theme. The fall and winter workouts add muscle size and strength that'll show even under layers of clothing. The spring and summer workouts burn fat and chisel the showpiece muscles—creating a lean, cut, beach-ready physique. But *Built for Show* is more than just a workout book. It also provides: · Realistic nutrition advice to feed the muscles and starve the fat without breaking the bank or spending hours in the kitchen · Tips on dressing right, looking the part, improving your social status, and settling into your new lifestyle · Quick ways to assess posture, with useful exercises to fix flaws and improve self- presentation, no matter the situation. The detailed programs include over fifty exercises, illustrated with over one hundred original photos. Neither a weight-loss guide nor a body-building manual, *Built for Show* instead reveals to guys exactly what they need to build the body they - and women - want. Read Nate Green's posts on the Penguin Blog.

pushup workout schedule: Push-Up Mastery to Build Strength and Muscle at Home Dorian Carter, 2025-09-25 *Push-Up Mastery to Build Strength and Muscle at Home: Your Step-by-Step Plan to Get Stronger and Bigger Without a Gym* Want to get stronger, build muscle, and improve your fitness - all from the comfort of home, with no equipment? This book is your complete guide. Bodyweight training, also known as calisthenics, is one of the safest and most effective ways to develop lean muscle, boost strength, and enhance endurance. And at the core of calisthenics lies the most fundamental exercise of all: the push-up. In this book, you'll learn how to use push-up progressions to steadily increase your strength and muscle mass - without fancy equipment or expensive gym memberships. With the right approach, you'll unlock your body's potential and make real progress at your own pace. This isn't about complicating your workouts. It's about mastering the basics, training smart, and building a strong foundation that lasts. Inside, you'll discover: - Why training without equipment does make sense - The 10 proven benefits of push-ups - Which muscles push-ups really work - How often you should train for maximum results - The key to progressive overload in push-up training - Tips to prevent muscle imbalances and avoid injury - The five fundamental rules for perfect push-up form - A step-by-step progression plan from beginner to advanced variations - A simple yet effective push-up workout plan you can follow today Plus, answers to common questions, including: - Can I do push-ups every day? - Why am I not making progress—and how do I fix it? - Should I lock out my arms at the top? - Is it better to do push-ups fast or slow? - Do push-ups burn fat or just build muscle? - Should I go for more reps with an easier variation—or fewer reps with a harder one? - What should I do if my muscles are sore - or if I'm stuck on one progression? Whether you're a complete beginner or looking to push past plateaus, this book gives you the tools to master push-ups, build serious strength, and sculpt a powerful physique - all at home. Grab your copy right now!

pushup workout schedule: The Micro-Workout Plan Tom Holland, 2021-08-03 Ditch the gym! It's not about how long you exercise—or where—but about the type of moves you do. Bowflex Fitness Advisor Tom Holland introduces micro-workouts for optimal health that will help you achieve

the body you want. Does the prospect of spending long hours at the gym deter you from exercising? Tom Holland has a much better approach: “excessive moderation” utilizing manageable micro-workouts that provide maximum, long-term results by engaging your full body, elevating your heart rate, accelerating physical conditioning, and increasing circulation and energy. They’re perfect for the busy people who don’t have time for the gym and want to exercise when, where, and for however long they want. In *The Micro-Workout Plan*, Tom shares the knowledge he’s gained from 30 years in the fitness industry, debunks myths, explains why micro-workouts succeed, and offers a motivating, manageable method for fitness well-being. He provides actionable steps with 30 5-minute mix-and-match micro-workout routines: just two to four 5-minute micro-workouts a day done whenever and wherever you want will target your whole body and help you achieve the daily activity required for optimal health. Plus, there’s a step-by-step photographic section of 80 exercises teaching proper form. With this book in hand, you can ditch the gym and get the same experience at home.

pushup workout schedule: *The Weekend Warrior Workout Plan* Michelle Grain, *The Weekend Warrior Workout Plan* is the ultimate fitness guide for busy people who want results—without giving up their weekday sanity. Whether you're a time-strapped professional, a parent juggling chaos, or simply someone who refuses to live in the gym, this book delivers a powerful, practical program built around your real life. In just a few focused sessions each weekend, you'll build strength, burn fat, and boost energy—no endless hours or complicated routines required. With smart, efficient workouts, expert advice, and motivational tips, this is your blueprint for turning Saturdays and Sundays into your secret fitness weapon. No more excuses. No more burnout. Just a stronger, healthier you—one weekend at a time.

pushup workout schedule: *Your Personal Paleo Diet* Chris Kresser, 2013-12-31 The idea behind the Paleo, or 'caveman', diet is simple - eat the food we humans were genetically and biologically meant to eat, as our hunter-gatherer ancestors once did, and we can all experience near-effortless weight loss, increased vitality and greatly improved health. But does it really make sense to restrict yourself to the limited range of foods available to our ancestors? Although we share a lot in common with them, we each have our own genes, tastes and health goals. In this groundbreaking book, leading expert Chris Kresser offers his unique solution - a 3-step plan that will fit your body, your lifestyle and your specific health issues. Start by following the basic Paleo plan for 30 days and enjoy a satisfying diet of lean meat, fish, non-starchy vegetables, some fruit, nuts and seeds but avoid grains, dairy, sugar and refined foods. After this 30-day plan, Chris helps you re-introduce certain foods in moderation to find out what agrees with you and what doesn't. So what are you waiting for? You can enjoy life more, look slimmer and feel more vital. And because Chris advocates an 80/20 approach - we all have to live in the real world after all - you can still enjoy your favourite treats from time to time. In addition to dietary advice, the plan also includes guidance on fine-tuning your sleep, exercise and response to stress - all crucial elements in living a life that suits our natural design.

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