**WBHS JROTC Continuous Improvement Plan**

**Push Up & Curl Up Improvement Plan**

**(SY 21/22)**

**WEEKLY: Base Line Testing**

**-Push Ups:**

**\*1 Set Max Reps for 2 minutes**

**-Curl Ups:**

**\*1 Set Max Reps for 2 minutes**

**MON:**

**-Push Ups: 3 sets:**

**\*1 Set Regular @ 1.5 Minutes**

**\*1 Set Close Grip @ 1 Minute**

**\*1 Set Knee @ 45 Seconds**

**-Curl Ups: 3 Sets:**

**\*1 Set @ 1.5 Minutes**

**\*2 Sets @ 1 Minute**

**WED:**

**-Push Ups: 4 Sets**

**\*1 Set Regular @ 2 Minutes**

**\*1 Set @ 1.5 Minutes**

**\*1 Set Close Grip @ 1 Minute**

**\*1 Set Knee @ 45 Seconds**

**-Curl Ups 4 Sets:**

**\*1 Set @ 2 Minutes**

**\*1 Set @ 1.5 Minutes**

**\*1 Set @ 1 Minute**

**\*1 Set @ 45 Seconds**

**FRI:**

**- Push Ups 5 Sets:**

**\*3 Sets Regular- 1 ea @ 2 Minutes, 1 ea @ 1.5 Minutes, 1 Set @ 1 Minute**

**\*1 Set Close Grip @ 45 Seconds**

**\*1 Set Knee @ 30 Seconds**

**-Curl Ups 5 Sets:**

**\*1 Set @ 2 Minutes**

**\*1 Set @ 1.5 Minutes**

**\*1 Set @ 1 Minute**

**\*1 Set @ 45 Seconds**

**\*1 Set @ 30 Seconds**

**MONTHLY: Test Push Up/CU Maximums:**

**-Push Ups:**

**\*1 Set Max Reps for 2 minutes**

**-Curl Ups:**

**\*1 Set Max Reps for 2 minutes**

**NOTE: WORK REST RATIO IS 1 TO 1; EX: 1 MINUTE WORTH OF PUSH UP =’S 1 MINUTE OF REST**