

# 90-Day Push-Up & Squat Combined Plan

This 90-day bodyweight plan is designed to help you increase your push-ups and squats from 10 to 100+ reps. Do 3 sets per exercise daily, rest every 3rd or 4th day, and focus on perfect form, protein intake, and 8-hour sleep.

Days	Push-Ups/Set	Total Push-Ups	Squats/Set	Total Squats	Tick (✓)
1–5	10	30	10	30	■
6–10	12	36	12	36	■
11–15	15	45	15	45	■
16–20	18	54	18	54	■
21–25	20	60	20	60	■
26–30	22	66	22	66	■
31–35	25	75	25	75	■
36–40	28	84	28	84	■
41–45	30	90	30	90	■
46–50	33	99	35	105	■
51–55	36	108	40	120	■
56–60	40	120	45	135	■
61–65	45	135	50	150	■
66–70	50	150	55	165	■
71–75	55	165	60	180	■
76–80	60	180	65	195	■
81–85	65	195	70	210	■
86–90	70	210	80	240	■