

DO HARD THINGS

SPRING FITNESS CHALLENGE

A 4-Week Movement Reset by Zach Homol

PUSH-UPS

PULL-UPS

MAX MILES MAY

FROM ZACH HOMOL

FREE · 4 WEEKS · OUTSIDE

WELCOME TO THE

SPRING FITNESS CHALLENGE

Get outside. Get moving. Simplify everything.

This is a free 4-week challenge built to do one thing — get you training again. Outside. Consistently. With no gym, no excuses, and no overthinking.

Three movements. That's it. Push-ups. Pull-ups. Chin-ups. For cardio it will be TOTAL miles moved — walk, run, ruck, hike, doesn't matter. Just stack the steps.

Most fitness programs fail because they're too complicated. This one works because it isn't. You'll train and/or move 7 days a week. For recovery, take a day or two off as you need them. At the end of 4 weeks, you'll test yourself in a few simple ways.

PROGRAM GOALS

STRENGTH

Build pressing and pulling strength through progressive overload.

CAPACITY

Develop endurance under fatigue and time under tension.

CONSISTENCY

Stack daily reps and miles into a habit you can keep.

This program is provided by Iron Valley Barbell LLC and Zach Homol Systems for educational and informational purposes only. Consult your physician before starting any new exercise program, especially if you have existing injuries or medical conditions. By participating, you accept all responsibility for your own health and safety. Results vary based on effort, consistency, and individual factors.

THE FOUNDATION

THREE MOVEMENTS

Master these. Everything else gets easier.

We've stripped everything down to what actually matters. You don't need a gym, a coach, or a program with 47 exercises. You need a few movements done with intention — over and over.

PUSH-UPS

The most accessible test of strength on earth. Push-ups train chest, shoulders, triceps, core, and full-body tension. They mimic 60–70% of your bodyweight press — direct carryover to every pressing movement you do.

PULL-UPS & CHIN-UPS

The push-up's perfect counterpart. Pull-ups build lats, traps, biceps, forearms, and posterior strength — the muscles that keep your shoulders healthy and your posture upright. Chin-ups (palms toward you) hit biceps harder. Both are non-negotiable.

MAX MILES MAY

Walk. Run. Ruck. Hike. We don't care how — just move. Outdoor movement is the most underrated training stimulus on earth. It builds aerobic base, regulates your nervous system, and clears your head. Stack the miles and the steps.

HOW IT WORKS

PROGRAM STRUCTURE

Five focused training days. Two days of pure movement.

This is a 4-week challenge built around 5 training days plus 2 movement days every week. The full week repeats four times. Simple. Repeatable. Effective.

If recovery lags, extend your week over 8–10 days. The mission is consistency, not rush.

DAY	FOCUS	WHAT YOU'LL TRAIN
1	Push-Up Intervals + Weighted Chin-Ups	Volume push-ups under timed rounds. Loaded pulling for strength.
2	Max Miles	Stack the steps. Walk, run, ruck, or hike.
3	Weighted Push-Ups + Slow Pull-Ups	Heavy pressing for power. Slow pulling for control.
4	Max Miles	More movement. More miles. More base.
5	Slow / Pause Push-Ups + EMOM Pull-Ups	Time under tension. Iso holds. Capacity work.
6	Movement	Walk, hike, ruck, or active recovery.
7	Movement	Walk, hike, ruck, or active recovery.

Each week repeats. Same 7-day pattern, four times through. Add reps, add load, or tighten rest periods each week — but earn it.

NON-NEGOTIABLES

THE RULES

Five rules. Don't break them.

01 EVERY REP COUNTS — IF IT'S CLEAN.

Chest to the floor on push-ups. Full lockout at the top. Chin over the bar on pull-ups. Dead hang to start. Every time.

02 MAINTAIN FORM, NOT EGO.

Sloppy reps are wasted effort. Half reps don't count. Perfect practice only.

03 PROGRESS WEEKLY.

Add reps, add weight, tighten rest, or stack more miles — but earn it. Each week should be harder than the last.

04 LOG YOUR NUMBERS. PEN TO PAPER.

Reps. Sets. Miles. Steps. Write it down. Tracking builds awareness, awareness builds discipline.

05 REST WITH INTENTION.

Sleep 7+ hours. Eat real food. Hydrate. Take rest seriously — it's where the work pays off.

START WHERE YOU ARE

LEVELS OF ENTRY

Pick your starting line. Execute with precision.

BEGINNER

Fewer than 25 push-ups unbroken. Pull-ups are a goal, not a given.

- Modify with incline push-ups, knee push-ups, or band-assisted pull-ups
- Use lighter loads or no load on weighted days
- Goal: Build base volume, tighten form, log every session
- Aim for 2–4 miles of movement on Day 2 and Day 4

INTERMEDIATE

25–75 push-ups unbroken. Can perform 3–10 strict pull-ups.

- Train as written. Hit the rep ranges
- Add 10–25 lbs on weighted days
- Goal: Build control and rhythm under fatigue
- Aim for 4–6 miles of movement on Day 2 and Day 4

ADVANCED

75+ push-ups unbroken. 10+ strict pull-ups. Ready to be tested.

- Add a plate, ruck, vest, or band for overload on every session
- Use 25–40+ lbs on weighted push-ups and chin-ups
- Goal: Build power and composure under fatigue
- Aim for 6–10+ miles of movement on Day 2 and Day 4

THE WORK

DAY-BY-DAY BREAKDOWN

What to do, when to do it, how to do it.

DAY 1 · PUSH-UP INTERVALS + WEIGHTED CHIN-UPS

PUSH-UPS — MAX REP INTERVALS

- 30 seconds of MAX REP push-ups, 30 seconds rest
- Repeat for 30–45 minutes
- Track total reps and total rounds completed

WEIGHTED CHIN-UPS

- 7–10 sets of 5–7 reps with added load (vest, plate, dip belt, or backpack)
- Rest 60–90 seconds between sets
- Increase load each week — even 2.5 lbs is progress

DAY 2 · MAX MILES

- Walk, run, ruck, or hike — your choice
- Stack as many miles and steps as possible
- Outside whenever possible. Sunlight matters.
- Track total miles and total steps

DAY 3 · WEIGHTED PUSH-UPS + SLOW PULL-UPS

WEIGHTED PUSH-UPS

- 1 set of MAX REPS with 20–40 lbs (vest, plate, ruck, or band)
- Rest 90 seconds
- Repeat for 10–15+ total sets
- Track reps per set and total volume

PULL-UPS — SLOW REPS

- 7–10 sets of 3–5 reps
- SLOW reps — 2 second hold at the top, 2 second hold at the bottom
- Control the entire range. No kipping. No swinging.

THE WORK — CONTINUED

DAYS 4 THROUGH 7

Movement and time under tension.

DAY 4 · MAX MILES

- Walk, run, ruck, or hike — same rules as Day 2
- Stack the miles and the steps
- Vary the terrain if possible — hills, trails, stairs
- Track total miles and total steps

DAY 5 · SLOW PUSH-UPS + EMOM PULL-UPS

SLOW / PAUSE PUSH-UPS

- 10–15 sets of 1–5 minute SLOW push-ups
- Pause at the top AND at the bottom of every rep
- Slow tempo throughout — 3 seconds down, 3 seconds up
- Less about volume of reps, more about time under tension and iso holds

PULL-UPS — EMOM

- Every Minute On the Minute: 5–10+ reps
- For 12–20+ minutes
- Pick a rep number you can hit fresh, then hold it as fatigue sets in

DAYS 6 & 7 · MOVEMENT

- More walking, hiking, rucking, or running
- Active recovery — keep blood flowing without grinding
- Outside whenever possible
- Track everything — miles, steps, time outdoors

END OF WEEK 4

THE TESTS

Two tests. Run them at the start. Run them again at the end.

At the end of 4 weeks, you'll test yourself two ways. Run the same tests in Week 1 (baseline) and Week 4 (proof). The gap between those numbers is the work.

TEST 01 — MAX PUSH-UPS IN 1 HOUR

Set a timer for 60 minutes. Perform as many clean push-ups as possible. Break them into rounds however you want — singles, sets of 5, sets of 25 — as long as the form holds.

- Track reps each round
- Record your total
- Aim to improve by 5–20% in Week 4

TEST 02 — MAX PULL-UPS IN 1 SET

One set. Strict form. Dead hang start, chin clearly over the bar, full extension at the bottom. Go to failure.

- No kipping, no swinging, no half reps
- Record your total
- Aim to add 1–5+ reps by Week 4

PRO TIPS

- Take rest days as needed — if 5 training days feels heavy, stretch the week to 8–10 days total
- The more consistently you train, the faster your body adapts
- Film a few sets each week. Watch your form. Correct what breaks down.
- Keep your tracking sheets close — seeing progress builds momentum

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WEEKLY TRACKER

Print 4 copies — one for each week.

Week #: _____ Dates: _____

DAY 1 · PUSH-UP INTERVALS + WEIGHTED CHIN-UPS

ROUND	PUSH-UP REPS (30S ON)	ROUND	PUSH-UP REPS (30S ON)
1		2	
3		4	
5		6	
7		8	
9		10+	

TOTAL PUSH-UP REPS	CHIN-UP SETS × REPS	LOAD USED

DAY 3 · WEIGHTED PUSH-UPS + SLOW PULL-UPS

SET	PUSH-UP REPS	LOAD	PULL-UP REPS
1			
2			
3			
4			
5+			

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DAY 5 + MILES

Slow work and movement tracking.

DAY 5 · SLOW PUSH-UPS + EMOM PULL-UPS

SET	SLOW PUSH-UP REPS	TIME UNDER TENSION	EMOM PULL-UP REPS
1			
2			
3			
4			
5			
6+			

MAX MILES · DAY 2, 4, 6 & 7

DAY	TYPE (WALK/RUN/RUCK/HIKE)	MILES	STEPS	TIME
DAY 2				
DAY 4				
DAY 6				
DAY 7				
TOTAL				

TEST · BASELINE & WEEK 4

TEST	WEEK 1 (BASELINE)	WEEK 4 (FINAL)	IMPROVEMENT
1HR PUSH-UPS			
MAX PULL-UPS			

THE STANDARD

The Spring Fitness Challenge isn't about chasing a number
— it's about raising your standard.

Get outside. Stack the reps. Stack the miles. Show up when
no one's watching. Do hard things.

WELCOME TO THE WORK.

TRAINING · COMMUNITY · BROTHERHOOD

JOIN THE DHT COMMUNITY

The Spring Challenge is just the start. The DHT Community is where men train year-round together — monthly challenges, training camps, expeditions, and a brotherhood that won't let you settle for the version of yourself you've been.

dhtteam.netlify.app

Clarity comes through action. If this is calling you — don't wait.