



www.rep-league.com

How to find your League

Every journey starts somewhere. Let's find yours.

This guide is broken down into 2 key areas:

1. You're new to Rep League and want to know which league to start in?
 2. You're currently in a league and want to know when to move up to the next available league?
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1. You're new to Rep League. Where do you start?

So, you've located www.rep-league.com and have removed the shrinkwrap ☒

You're excited about becoming a push (and pull) legend ☒

You now want to get an idea of which league to start your journey in? ☒

The answer to this question is a mathematical one:

1. Take the maximum number of push ups (clean, decent ones) you can do in one go.
2. Divide this number by 3.
3. Pick the league that is nearest to the result (or League 1 if the result is below 1).
4. Start climbing the leagues!

For example, if you can do 17 (clean/good form) push ups in a row:

1. 17 divided by 3 is 5.666.
2. You can choose between League 5 or League 7.
3. We would choose League 5 and see how it goes.

Rep League is all about challenging yourself and progressing at the right time.

If a league feels too easy, progress to the next one.

If a league feels too hard, drop down to the previous one.

There is no shame, no ego and definitely no judgement at Rep League.

Just get those Reps in because Every Rep Counts!

Important: If you're struggling to a single push up, there are variants that can be done to build up strength and form.

Feel free to consult the guides available on Discord or on the website (www.rep-league.com) for further guidance. Or, better than that, jump into Discord, post a message in chat and you'll no doubt have an army of amazing people willing to help you out.

2. I'm smashing my current league. When should I move up?

Well look at you go Superstar!

You're beating your league into submission and are feeling pretty damn good about it too! Is it the right time to move up to that next level?

The answer to this one is more about how you feel and how many sets you're cranking out in each session.

As a Rep-League recommendation, if you're happily reaching 8, 9 or 10 sets in your current league, it's probably time to step things up to the next league. Any less than 8 and you're probably still getting the most benefit from your current league.

The next league will hit differently, as you're expending more energy per set and still getting the same recovery time, so if you're ready, why not give it a try!

For example, I'm in League 10 and I'm getting 67 reps (6 full sets of 10 and 7 in my failure set). It'd be better to stay in my current league and get to at least 81/82 reps before progressing to League 15.

Another example, I'm in League 10 and I'm hitting 87 reps (8 full sets of 10 and 7 in my failure set). This is the best time to be considering a move to League 15. (I'd also be dropping a request in the #league-request channel in Discord to be moved up to League 15!

Hope that helps you out? If you have any further questions, come find us in Discord and we'd be happy to help you out!

See you in the leagues.

The Rep League Team.

Every Rep Counts.

Your journey starts today.

♥ League 1 → ■ League 2 → ■ League 10 → ● League 20 → ● League 50 → 🏆 League 100

Where will your next promotion take you?