

TShane Johnson: The Pushups for Purple Hearts Challenge

Media Kit

THE PUSHUPS FOR PURPLE HEARTS CHALLENGE

Drop and give me 30 — per minute — for 12 hours!

The Pushups for Purple Hearts challenge is an initiative by U.S. Marine Corps veteran, father, author, advocate and motivational speaker TShane Johnson. He will attempt to break two longstanding entries in the Guinness World Records — achieving the most pushups completed in one hour (which currently stands at 2,919 pushups) and the most pushups completed in a 12-hour period (a record that has stood for 32 years and will require more than 19,325 pushups to achieve). The latter effort will honor America's Purple Heart heroes both symbolically and practically, raising awareness and funds for the National Purple Heart Honor Mission, dedicated to paying tribute to our nation's combat wounded through special outreach and educational programming.

Johnson and the Honor Mission encourage patriotic Americans to donate, follow Johnson's workouts on Instagram and Facebook, and cheer him on as he breaks the records. Followers can also join the spirit of the initiative by creating their own one-minute pushup challenges and inviting friends to participate using the hashtag #PurpleHeartPushUps on social media.

"TShane cares about those who served alongside him and the challenges many of them face in their post-military lives," said retired Col. Russel Vernon, National Purple Heart Honor Mission executive director. "Breaking a world record like this takes incredible physical and mental strength and discipline. It's that kind of commitment that our Purple Heart heroes exemplify. The Honor Mission is incredibly proud to support TShane as he attempts to break this record. We're thankful to TShane for supporting our cause."

The public event will take place at 6 a.m. Saturday, May 1 at Southpaw Training Center in Pineville, North Carolina, the facility where Johnson has been preparing for the event. The date is significant because it represents the 32nd anniversary of Paddy Doyle's current record.

Johnson is no stranger to smashing world records. In October 2019, he set a mark in Guinness World Records for fastest 1-mile trek, carrying a 100-pound pack, which he completed in roughly 13 minutes. Johnson's record was broken in September 2020.

Johnson began an intense training schedule in December 2020 under the supervision of his personal trainer Jamie McGrath, owner of Southpaw Training Center. McGrath is a champion in her own right. Highlights of her boxing career include winning The New York Daily News Golden Gloves in 1998, 1999 and 2000; the U.S. Nationals; National Golden Gloves; Blue and Gold Tournament; Empire State Games and many more.

McGrath was part of the first U.S. Woman's National Team, where she earned a gold medal at the International Cup in Finland, stopping all three opponents in the first round. She has worked with professional and collegiate athletes, children as young as 6 years old, and men and women who want to lose weight and be in top physical condition.

“The difficulty and intensity of the workouts TShane has done so far would be a challenge to professional athletes from any sport,” McGrath said. “In the coming weeks, we are ramping it up with grueling nonstop hour-long workouts in addition to boxing and strength training. Only elite athletes have the physical endurance and mental strength to complete this type of training.”

Johnson and McGrath have a number of special interactive experiences planned for the coming months that will allow supporters to see his training regimen, learn helpful fitness tips, challenge themselves and one another, and contribute to the cause. Viewers can see how to perform “the perfect push-up” in a one-minute video [here](#), where Johnson demonstrates the form he will use to break the record.

Like he would with any goal, Johnson met this challenge with a plan that charts his progress and lays out the work to be done. In a dry-run livestreamed on Facebook on Feb. 1, he successfully kept pace to complete 2,300 pushups. Each month he plans to increase the amount, keeping him on track to execute 3,000 pushups during the May 1 event, beating the 2,919 record.

Learn more and donate at www.PushUpsforPurpleHearts.org.

ABOUT TSHANE JOHNSON

Born in Arcadia, Florida, and raised on a ranch in an even smaller town nearby, Johnson’s childhood was full of amazing experiences punctuated by moments of terribly demanding chores. Soon after joining the U.S. Marine Corps, while stationed at Camp Pendleton in California, Johnson took his motorcycle for a ride and was slammed into a brick wall by a car of gang members. He was robbed and left for dead; his injuries included a punctured bicep, causing him to nearly bleed to death.

He managed to drag himself to a fire station, where he received medical help and was airlifted to the hospital, flatlining and being resuscitated twice on the way. Doctors restarted his heart once more at the hospital, bringing him back from the brink of death a total of three times.

Johnson’s father, always a forthright mentor, challenged his son to choose the pain of continuing rather than giving up. In the first two weeks, Johnson lost more than 50 pounds while in the hospital.

He survived, and continued serving in the military; even now, long after leaving active service, he will remind you there is no such thing as an “ex-Marine.”

In his 20s, Johnson built a successful mortgage business and was enjoying a six-figure income when, in 2008, the market collapsed and he lost everything but a beat-up, old car — which he had to junk after it was rear-ended. He then walked everywhere and tried to earn enough to eat one meal a day, enduring a two-year period of homelessness. Just as he met the challenge of his injuries, he persevered each day and eventually improved his situation.

Now 40 and a full-time single father, Johnson owns and operates several successful businesses he has founded; he’s become a best-selling author; and he is in high demand as a motivational

speaker. In recent years, he has dedicated himself to raising money for homeless veterans and calling attention to the devastating rate of veteran suicides.

Johnson founded Hike Across America and completed a series of treks across the United States — often covering more than 20 miles a day while wearing a heavy backpack. Every year (except 2020, due to COVID restrictions), he hikes across America as a motivational keynote speaker, running from coast to coast to inspire the homeless, veterans and their communities to raise awareness about veteran suicides. His journey typically covers more than 7,000 miles across 20 states, and along the way, he speaks in more than 60 cities and passes out roughly 10,000 hygiene kits. In 2019, he partnered with the Gary Sinise Foundation R.I.S.E. program, helping to raise money to customize smart homes and modify vehicles for the most severely wounded heroes.

Johnson focuses on the philosophy of “finding your why” each day, and he now shares his message with all who can benefit from hearing it. As a coach and a motivator, Johnson offers a fresh, inspiring message focusing on proven tactics that launch individuals and organizations beyond current expectations.

ABOUT THE PURPLE HEART HONOR MISSION

All proceeds from the pushup fundraiser will help bring Purple Heart recipients from across the nation to the National Purple Heart Hall of Honor, and tell the stories of valor of the nation’s combat wounded and those killed in action to a new generation of Americans.

The National Purple Heart Honor Mission is a 501(c)(3) nonprofit organization which supports a variety of programs to promote the National Purple Heart Hall of Honor, pays tribute to Purple Heart recipients and educates all Americans about combat-wounded veterans to ensure those who sacrificed for freedom are never forgotten. Learn more and support their efforts at www.PurpleHeartMission.org.

TESTIMONIALS

“TShane is one of the best inspirational and motivational speakers around because he has lived through the worst life had to offer, and has not only saved himself, but has prospered. Now, his mission is to show others, especially veterans and first responders who are experiencing tough times, a way out. He draws attention to his message by accomplishing Hike Across America (in this case, down the eastern coast) carrying a 100-pound pack. He is a hero among heroes.”

– *Augustine Campana, President of Rotary Club, Lake Buena Vista, FL*

“It was an honor and privilege to interview TShane Johnson for [The Inspire Café Podcast](#). His story is not only incredible, but he has so much inspiration and life lessons that we all can learn and take away. Talk about not only overcoming adversity, but being a role model of how one person can create a great impact on our community. If you’re ever looking for a great interview and an engaging speaker, please look no further. Thank you, TShane. Keep inspiring!”

– *Kathy De La Torre, host of the Inspire Café Podcast*

“TShane came and shared with our group of foster boys about his life, journey and what motivates him. They were intrigued by his survival and encouraged to make better choices.

Looking forward to him coming back again. He is a great speaker and definitely recommend him!”

– *Marcella Imbesi, founder of the Pink Bow Foundation*

“You will be amazed, inspired and fired up to do more, be more and enjoy life.”

– *Eileen Scates, owner of Scates Realty*

“TShane is an amazing individual who motivates others to be their best. Shane leads by example and is now helping to transform lives across our country. I highly recommend Shane as a speaker for your next event!”

– *David Colby, president of Lake County Chamber of Commerce*

Q & A

(All answers by TShane Johnson)

Q: Why pushups?

A: I grew with a family of cattle ranchers, country music musicians and rodeo people. My father was a two-time, national champion bull rider, and as a kid I would work out with him while he would do “card pushups” to strengthen himself. Basically, he would take a deck of cards, shuffle them and then turn over two cards and complete the combined numbers in pushups. Aces were 15, face cards were 10, and then the rest were number specific. At 9 years old you would catch me in my room jamming to “Born in the U.S.A.” on tape and cranking out pushups. I continued to do this until I joined the Marines. Into about my second year in the Marine Corps I left the 3rd Battalion, 4th Marines, and joined 1st Recon Battalion. During our pre-scuba training, I got in trouble and my entire fire team was told to “do pushups until Johnson gets tired of pushups.” Little did they know, I don’t! To say the least, I never had to do pushups again when I got in trouble.

Q: What are your reasons for breaking this record?

A: Though I’m breaking two Guinness Book of World Records, I would say the record for the most pushups in 12 hours is by far the biggest one. This record has held for 32 years and honestly is just an amazing feat. As to my reasons for breaking the records, being a Marine was an amazing challenge, and I find it hard in the civilian world to be challenged like the Marine Corps challenged me. I strive to be the best at everything I do and want to take on the most challenging things, so that I can feel that same type of high that I experienced in the Corps. I enjoy pushing myself through the mental and physical pain barriers. More importantly, it’s to encourage everyone out there struggling in the world, to remind them even regular people can do extraordinary things.

Q: After you break the record, how will you make use of the accomplishment?

A: Well, I aspire to inspire before I expire. So, I will continue to share the story to encourage others to get out of their normal comfort zone and push the limits (pun intended).

Q: What does your typical training day look like?

A: I train on average two hours a day right now. It is a mix of boxing conditioning integrated with core work and pushups. Right now I average about 1,000 pushups a day.

Q: What is your ideal diet program for this type of challenge?

A: Breakfast is a piece of wheat toast and small dab of peanut butter. My training is pretty intense, and if I eat too much beforehand I will just throw it up. After I train I eat prepared meals by Trifecta Nutrition that are pre-made for my weight loss goal, consisting of higher-protein and lower-carb meals.

Q: What advice would you give the average person who wants to get fit or reach a specific goal?

A: “Best way to eat an elephant is one bite at a time,” as the saying goes. Just start with one small goal and then stay consistent until it becomes a habit, then move to the next goal. However, we are not very good at holding ourselves accountable, so my advice is this: get a trainer. It really helps on those days you don’t want to go. We spend a lot of money on things where the return is usually a negative. Invest in your health, both physically and mentally, and the return is priceless.

Q: What's the secret — other than hard work — to doing the perfect pushup?

A: A super strong core. Really tightening the core and maintaining strong proper form but keeping the head looking straight forward and going all the way up and all the way down.

Q: How do you prevent injury while going after the world record?

A: You know, I think this part is missed in all aspects of our life. We forget that rehab and rest are equally as important as the training. I see a sports chiropractor each week. I use an Opove massage gun on my muscles at night, and I always get eight hours of sleep.

Q: You’ll be doing pushups for 12 hours. What is your regimen? Do you listen to music?

A: Honestly, with completing this record there is zero time to move, and I am basically doing 27 pushups every 60 Seconds for 12 hours. I do listen to music, but when I do one-hour or two-hour tests I listen to audio books! I know, I know, sounds not horribly exciting, but it allows me to not think of the pushups and instead focus on the content of the book.

Q: You chose the National Purple Heart Honor Mission as the charity that will benefit from this effort — what does it mean to you?

A: There isn’t enough space here to indulge you with my heartfelt explanation of the amount of sacrifice these military heroes have given for all of us. The amount of pain I will endure is nothing compared to the pain they have experienced. It is the least I can do to help this organization raise funds to continue doing amazing things for those who have given the ultimate sacrifice.

Q: How do you balance your training, work and family?

A: One pushup at a time? I recently wrote a book called “Done by 2:30,” where I really dig into my strategy for this. Simply put, there isn’t a balance. Family first, everything else is second. But, for the sake of conversation, I start my day at 6 a.m., make breakfast for my daughter and then we get ready for home virtual school which is 8 to 10 a.m. Then, I train for an hour, come back to get my daughter back on class, and I continue running my company until 3 p.m., at which point I get her on violin lessons until 4:30 p.m. Then, we are off to dance class until 5 p.m.

Then, we head back and I work for another hour and prepare dinner. Afterward, I train again for an hour and then we get cleaned up and get ready for bed by 9 p.m.

Q: You're a single father with a young child, is she involved in any preparation for this?

A: My daughter is 6 years old, and I have been very lucky to have her involved in a lot of my events — whether it's speaking, training or breaking a world record. She trains with me on Tuesdays and Thursdays for at least an hour. She is at the age where I am still a hero in my own home. She provides me with motivation telling me, "Put that cookie down!" Honestly, she's worse than my Marine Corps drill instructor.

Q: How did you meet Jamie McGrath and why was she the perfect person to be your trainer?

A: Jamie McGrath's record speaks for itself. She was at the highest level as a boxing champion and the training for that is relentless. I needed someone who understood the *mental* push of a grueling 12 hours of pushups. As a gold medal athlete, she understands the mindset maybe even better than the physical side. I needed someone that wouldn't have pity on my prior injuries and push me to my absolute breaking point. This is why I selected her and her training methods to help break these records. She makes me throw up every day and — as weird as this sounds — I'm grateful for that.

THE SPEAKER & THE AUTHOR

Presentation titles/topics:

- Building the Business and Life of Your Dreams
- Dream Bigger: What Do You Really Want Out of Your Life?
- Make it Happen: Be the Victor, Not the Victim

Books

["Hike Across America: 3,000 Miles for Your Why"](#)

By TShane Johnson and Raymond Tharaldson
Available on Amazon.

["Keep Your Feet Moving: 7 Principles to Get You Through the Tough Times"](#)

By TShane Johnson and Raymond Tharaldson
Available on Amazon

["Done by 2:30: The Essential Guide to a Successful Work-Life Balance"](#)

By TShane Johnson
Publishing soon

CONTACT

MEDIA CONTACTS

Tiffannie Bond
Public Relations Director/Company
Photographer
Imagine Communications
E: tbond@weareimagine.com
P: 702-837-8996 (O), 702-426-5178 (C)

Celestia Ward
Public Relations Coordinator
Imagine Communications
E: cward@weareimagine.com
P: 702-837-8996 (O)

ADVERTISING/PRESENTATION BOOKINGS

Brian Rouff

Partner/Account Director

Imagine Communications

E: brouff@weareimagine.com

P: 702-837-8996 (O), 702-373-2609 (C)