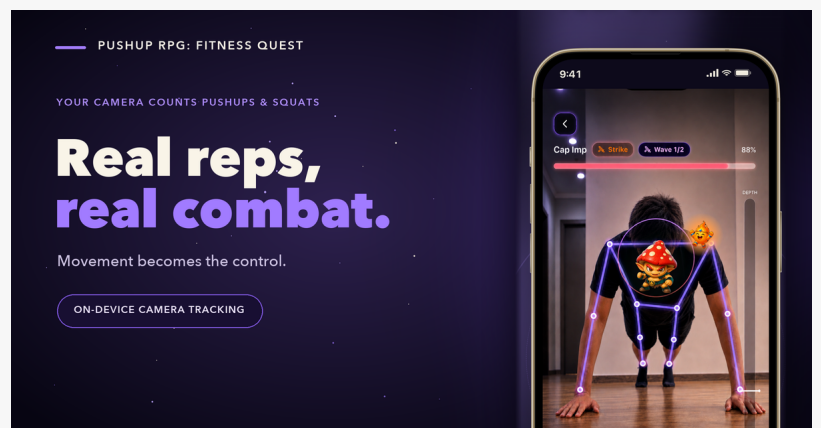


Pushup RPG: Fitness Quest Surpasses 100,000 Installs Following Viral Push-Up Videos

Solo-developed fitness RPG turns real reps into attacks as individual gameplay clips pass 2M views and the project aims to double push-ups worldwide

ASTANA, KAZAKHSTAN, August 31, 2026 /EINPresswire.com/ -- [Pushup RPG: Fitness Quest](#), a solo-developed mobile fitness RPG where real-world exercise directly controls battles, has surpassed 100,000 installs across iOS and Android within approximately two months of launch.



Pushup RPG: Fitness Quest uses on-device camera tracking to turn completed push-ups and squats into attacks during RPG battles.

The milestone follows viral short-form videos demonstrating the game's unusual mechanic: players perform real push-ups in front of their phones while each completed repetition damages monsters on screen. Individual Pushup RPG gameplay clips have surpassed 2 million views on social media.

“

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Yerasyl Amanbek, Developer of Pushup RPG

Instead of asking players to log a workout after completing it, Pushup RPG makes physical exercise part of the gameplay itself. Players position their phone so the camera can track their movement, and completed repetitions become attacks against enemies in real time.

The game currently supports camera-based tracking for push-ups, squats and sit-ups, while planks are tracked by time. Exercise tracking is processed on-device through the

phone camera.

“Most fitness apps record what you did. We wanted the exercise itself to be the game,” said Yerasyl Amanbek, developer of Pushup RPG. “If push-ups feel like fighting a monster instead of completing a workout checklist, maybe people will actually want to do more of them.”

Pushup RPG combines exercise tracking with role-playing game mechanics including boss battles, XP, loot, equipment, hero progression, daily challenges, guilds, leaderboards and live fitness duels.

During battles, real repetitions translate directly into actions on screen. Players progress through themed worlds, defeat increasingly difficult enemies and strengthen their characters by exercising rather than repeatedly tapping the screen.

The core experience is designed around bodyweight training and can be played at home without dedicated gym equipment. Pushup RPG is free to download, with its core exercise tracking, battles and progression available to free players.

Behind the game is a deliberately ambitious long-term goal: to double the number of push-ups people do worldwide. The project is built around the idea that giving each repetition an immediate purpose, visible progress and a game objective can make people want to exercise more often.

The 100,000-install milestone was reached without a traditional game publisher, with Pushup RPG developed and operated independently.

Pushup RPG is available now for free on the [Apple App Store](#) and [Google Play](#).

More information about Pushup RPG is available at <https://pushup.quest>.

About Pushup RPG

Pushup RPG: Fitness Quest is a mobile fitness RPG and camera-based push-up counter that turns real-world exercise into gameplay. Push-ups, squats and sit-ups become attacks during RPG battles, while planks are tracked by time. Players progress by exercising, defeating enemies, earning XP and loot, completing challenges, joining guilds and competing with other players.

Pushup RPG is intended for general fitness and entertainment and is not a medical device or substitute for professional medical advice.

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