

HOW TO PUSH-UP

PREPARE

AS ALWAYS, SEEK THE ADVICE OF A FITNESS PROFESSIONAL BEFORE JUMPING IN.

CLASSIC PUSH-UP



Position your body with your arms straight out, shoulder width apart, abs tight, holding your body in a plank position. Lower your body until your chest is a few centimetres above the floor, elbows pulling back at roughly a 45 degree angle. Push your torso away from the ground until your arms lock, then repeat.

WALL PUSH-UP



Stand with your feet together 2-3 feet from a wall. Place your hands flat on the wall at the level of your shoulders.

Bend your arms at the elbows to lower your body towards the wall until your head touches the wall. Raise your body back up by straightening your arms.

KNEE PUSH-UP



Bend knees and raise body off the floor by extending your arms. Keeping your body straight and knees bent, lower your body to the floor by bending your arms. Push your body up until your arms are extended. Repeat.

INCLINE PUSH-UP



Stand facing an elevated platform, chair, table or couch. Place hands on edge, slightly wider than shoulder width. Position your feet together with arms and body straight. Arms should be perpendicular to your body. Lower your body slowly until your chest is inline with your hands. Push your body up until arms are extended. Repeat.

