

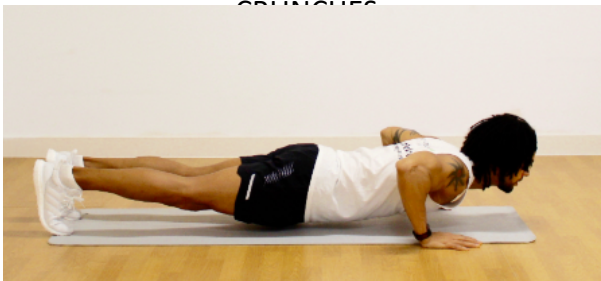
## PRESS-UPS BEGINNERS

### START



- Place your hands shoulder width apart on the mat
- Fingers slightly spread out and pointing forward
- Arms straight and supporting your weight
- Legs should be extended straight out behind you
- Feet wider apart makes the exercise easier
- Feet closer together makes the exercise harder
- Head to heel should be a straight line
- Do not dip the hips
- Your head should be looking slightly ahead of you

### MIDDLE



- Initiate the move by bending your elbows to a 90° angle or smaller
- Lower chest towards the floor
- Flaring elbows out to sides works chest harder but puts pressure on the shoulders
- Keeping elbows at the sides works triceps more
- Keep hips in line with shoulders
- The closer your chest to the floor the greater you move through a full range of motion

### END



- Push against the ground to raise back up to starting position
- The deeper you go the more muscle fibres you activate
- Keep reps slow to work muscles harder

## MUSCLES TARGETED

### PECTORAL, TRICEPS, AND DELTOIDS

- The deltoids and pectoral muscles work to horizontally adduct the upper arms during the upward phase of a push-up
- The triceps are also worked to extend the elbow joints to fully extend the arms

### NOTE

*Do not compromise on form especially as you begin to fatigue on the last few reps. As soon as you do one bad form push up you should stop. Allow your muscles time to rebuild and recover therefore leave at least 48 hours in between your push-ups. Build up your core by doing planks as this will help keep it strong so that it is not the weakest link in your push-ups.*