

Push Up | Toes



Hands by shoulders



Push. Maintain a plank position

Preparation:

- Lie on stomach.
- Hands beside shoulders

Execution:

- Press body away from floor
- Lower body down with control

Push Up | Knees



Start Position



Push up on knees

Preparation:

- Lie on stomach.
- Hands beside shoulders.
- Engage core, squeeze gluts.

Execution:

- Imagine your body is a solid plank of wood. Push-up onto knees, without sagging.
- Pause at the top of each push-up to push your shoulders slightly forward.
- On the way back down, touch your nose to the floor.

Important:

- Keep hips and back straight.
- Keep chin tucked.

Push Up | Toes - Feet Together



Plank, feet together



Lower body toward ground



Press body back up

Preparation:

- Make a plank, feet together
- Hands slightly wider than shoulder height at shoulder level

Execution:

- Lower body towards ground
- Press body up to start position