Push Up | Toes

Preparation:
- Lie on stomach.
- Hands beside shoulders

Execution:
- Press body away from floor
- Lower body down with control
Push Up | 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

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