

Pushup



Push-ups are one of the best exercises for developing strength and total body fitness. The motion of pushups train the chest, triceps, and anterior shoulder while benefiting the abdominals if holding proper form.

Pushups can be challenging for a beginner but don't worry if you are, you need to start somewhere. If you can only perform one you will easily work up to 5, 10, and 20 pushups!

1. Remember to warm up before any exercise, stretch your arms and wrists.
2. Assume a prone (face down) position on the floor with your hands approximately shoulder width apart, curl your toes upward with your arms straight. You should be supported by the balls of your feet and your hands.
3. Make a straight line from your head to your heels
4. Lower your torso to the floor until your arms form a 90 degree angle. Inhale.
5. Raise yourself up as if you are attempting to push the ground away from you. Exhale.
6. Repeat.

If you are a beginner, try placing your knees on the ground rather than the balls of your feet. See the video below for an example of both types of a pushup