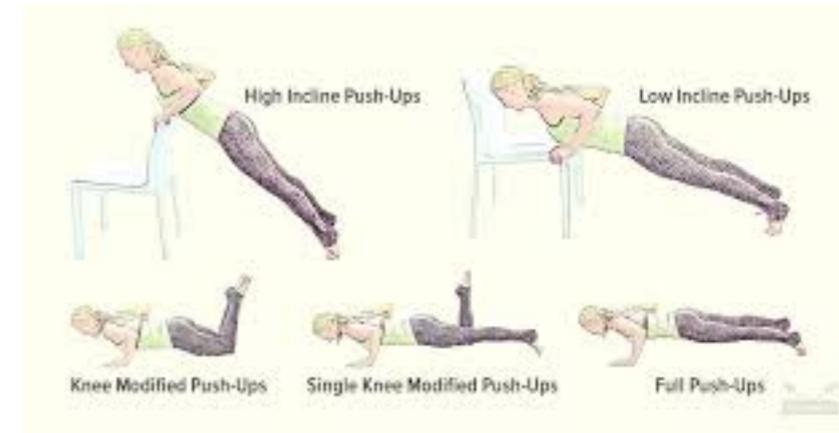


The push up is one of the best exercises for the upper body. It is one of the basic primary motions exercises. What are the primary motions? I consider it a foundation exercise and it should be part of a basic routine or as a warm up for advanced exercisers. They work the triceps, pectoral muscles, and parts of the shoulders. They can also strengthen the lower back and core. They can be done anywhere and don't require any equipment. Push ups are an exercise that can be done often, but I would not suggest everyday. I would recommend 2 to 3 x a week.

Did you know: Push ups predicts cardio problems. A study of male firefighters found men who could complete at least 40 push-ups over 30 seconds had a significantly lower risk of heart attack, heart failure, or other cardiovascular problems over the next 10 years compared with men who were able to complete less than 10. **Keep to the basics is sometimes a good idea when it comes to push ups.** Recently, the trend among physical training and rehabilitation professionals is the use of resistance exercise on unstable equipment in order to increase the effort of the agonist and stabilizing muscles, which is great and I suggest. Interestingly a study found unstable surfaces in push-up training **does not** provide greater improvement in muscular strength and endurance than push up training performed on a stable surface in young men. **Knee push ups matter.** New research shows knee push-ups are in fact an effective way of building strength and a useful gateway for members to progress towards push-ups on their toes.

Do it Right!

Exercises you Should Do



Push Ups Form

Types (progression): There is a push up for every body.

- 1) Push ups on wall
2. Push ups off counter top
3. Push ups off chair with knees on floor
4. Push ups on knees with hands on floor
5. Standard Pushups
6. Standard Pushups with altered hand and foot positions

Performance: Go to momentary muscular failure. 10-15 reps is a good goal for 1 to 3 sets. Do not break form.

Form: See Details below, but key points. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine (bracing). Keep hands shoulder width apart with hands below shoulders. Slowly lower your body towards the floor while maintaining a rigid torso and head aligned with your spine. Do not let body sag. Allow your elbows to flare outwards during the lowering phase. Lower till within a few inches of surface (some suggest to touch). Try to bring shoulder blades closer together. Extend up pressing through floor till almost complete extension trying to separate shoulder blades. Do additional repetitions. SEE

[DETAILS ON HOW TO DO A PUSHUP](#)