

BASIC MOVEMENTS

Exercise Name

PUSH UP

Description

Lie flat on the ground, facedown. Place your hands slightly outside of your shoulders, fingertips facing forward. Make sure that your elbows are at 45° angles to your torso. Place both feet on your tiptoes.

Raise your legs and hips off the ground by extending your arms. You should look for a straight line from head to ankle.

That for you have to:

1. brace your abs: your pelvis should never drop and lower back should not hollow too much
2. Look down to the floor that your head stays aligned
3. try that your shoulder blades stay close to your torso by not elevating your shoulders toward your ears but pushing them toward your tailbone and actively press your breast bone away from the floor and toward your spine

To return lower your body in a single plane by bending your arms.

Common Fault

- Don't let your pelvis sag
- Don't allow your shoulder blades stick out like little wings
- Your head should stay in a straight line with your torso

Please note:

- If it hurts your wrists to put your hands directly on the floor, then grasp some dumbbell handles to keep your wrists straight when performing that exercise.

- When you try the first time let someone watch you or use a mirror: if your pelvis sag or your shoulder blades stay away from your torso, consider that your last repetition and take a rest or try an easier starting position (like kneeling push up).

EASIER VARIATION:

- Kneeling push up (Exercise No: 14)

position 1



position 2



position 3

