**Advanced Push-ups**

1. **Diamond push-up**

**-Form a diamond with your hands**

**-the rest of your form is the same as a standard push-up**

**-body is straight back, hips, and feet together**

**-look down and 3 feet ahead**

**-lower down until you almost touch the ground**

1. **Slow Motion**

-Start off by laying on the floor with your hands by your shoulders, feet together, and your toes touching the ground

-Push your body up, make sure that your back is straight, hips not lifted or sagging

-Look down and 3 feet ahead to be in the neutral position

-When you lower your body make sure your chest almost touches the ground and you get (the difference in this push-up is that you will slow down the movement and then pause at the bottom and then push back up slowly)

-this increases the tension and helps stimulate the muscle

-Continue the cycle and do as many as you can

1. **Decline Push-up**

-Start on your hands and knees, place your hands on the ground, about shoulder width or a little wider. (Don’t have your hands too wide because it can limit your range of motion)

-move your feet in position by extending your body, and propping your feet up on the bench, or step, one at a time

**-**Realign your body so that it is in a straight line for shoulders to hips to toes, without sagging or arching at the hips. Reposition your hands if necessary, making sure your elbows are extended

**-**Lower your chest by bending your elbows. Maintain an aligned body position and use a smooth controlled motion. As you lower to the ground, you will need to look up slightly to allow full range of motion and avoid banging your nose or forehead on the ground.

-Push up until your elbows are straight, but not locked, returning to the start position.

-repeat as many reps as you can

1. **Plyometric/Clapping**

**-the same technique as a standard push-up**

**-plyometric just means that it is going to be explosive**

**-when you are coming down and going back up your going to push into the ground and explode up**

**-you’re trying to get to the point where there is no connection between your hands and the ground**

**-you can add a clap to make it more challenging**

**-do as many reps as you can**

1. **Raised Leg Push-up**

**-same as standard push-up**

**-the only difference is that you raise one leg**

**-keep your balance while doing push-ups**

1. **Single Leg Knuckle**

**-make a knuckle**

**-raise one leg or put it on top of your other leg**

**-do the same motion as the standard push-ups**

1. **Grasshopper Push-up**

-position your body the same way as a standard push-up

-Bend your left knee and slide your leg under your body. Keep your leg under you and Inhale and bend at your elbows lowering your body until your chest is almost touching the floor. However, do not let left your left leg to touch the floor

-Exhale and Press your body back up to the raised position (your arms should be straight). Return your left leg to the starting position