Push-up Tips

1. **Push-up Hold**

-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

-Set a goal and hold the position for a specific amount of time

1. **Shoulder Taps (ABC Push-ups)**

-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

-tap your shoulders across one hand at a time

1. **Modified**

-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 from your knees to your shoes is touching the ground

-have the rest of your body straight; back and hips

-Look down and 3 feet ahead

-go down and make sure your chest almost touches the ground 1 inch away

1. **Table/Bench**

-find a table or bench that is sturdy and won’t move

-place your hand about shoulder width apart on the table or elevated surface

-Extend your arms, keeping your wrists in line with your shoulders.

-step your legs behind with your feet together

-make sure your body is straight from your heels to your head

-lower your body to the table and feel the contraction in your muscles

-push your body away from the surface and continue the same cycle

1. **Standard Push-up: (straight body, feet together, hands by your shoulders, head looking down 3 feet ahead, push all the way up and then lower your body until your chest is one inch away from the ground)**

**Description of a proper push-up**

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

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

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

4. When you lower your body make sure your chest almost touches the ground and you get a 90 degree angle on your elbow, after push back up

5. Continue the cycle and do as many as you can