

EXERCISE TECHNIQUE - At Home Exercises

PUSHUPS - BEGINNER

Target Body Part: Pectoralis Major, Anterior Deltoid, Triceps Body

Equipment Required Weight and a mat

Starting from the floor, place your hands shoulder width apart at chest level, toes on the ground. Looking towards the floor, push yourself up to a plank position, keeping your core tight, shoulders pulled down, back and neck in a neutral position.

Lower your body to the floor, bending your elbows to 90 degrees at max and keep your elbows close to your body as you perform the movement.

Push your body back up to plank position.

Complete 3 sets of as many reps as possible.

Modifications:

If you are unable to perform the standard push up with good form from your toes, modify your stance and perform on your knees.