Proper Push up Technique

Ready Position:
- Hands flat on the floor, shoulder width apart, fingers pointing forward.
- Position arms under the chest, perpendicular to the floor.
- Feet are together and on the toes.
- Body positioned flat in a “plank” position. Ankles, knees, hip, shoulders, and head aligned.
- Eyes focus straight ahead.

Execution:
- With the body flat, bend elbow to a 90-degree angle while inhaling.
- Using the pectorals, deltoids and triceps push up in one motion to ready position as you exhale.

Modified Pushups:
- Performed to lessen body weight.
- Done from the knee position.
  - Be sure the knees, hips, shoulders, and head are aligned.
- Performed like regular pushup but with the hands elevated.

To Increase difficulty:
- Elevate the feet to increase body weight.
- Close grip or narrow hand position will work the triceps more.
- Bench press exercise in the weight room.