

# DECLINE PUSH UPS



1. Lie face down on the floor with your hands placed at shoulders width apart. Hold your torso up at arm's length with your elbows locked, and your arms perpendicular to your body. Move your feet up and place them firm on a stable flat bench or a steady elevated platform, while keeping your entire body flat/straight and parallel to the floor. Make sure any other elevated platform you pick is flat and not higher than that of a flat bench. This will be your starting position.
2. Slowly start lowering down your body all the way until your chest touches or almost touches the floor.
3. Start pushing your body all the way back up to it's starting position while squeezing in your chest muscles as hard as you can. Ideally, lowering down your body should take about twice as long as raising it.
4. Repeat this motion for the recommended amount of repetitions.

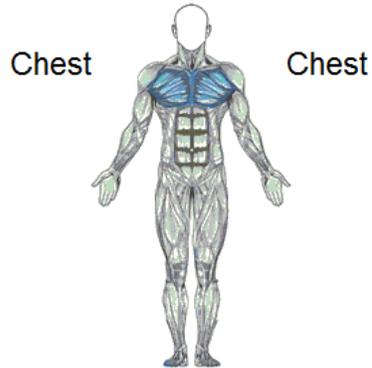
**CAUTION:** Make sure both your feet are placed firm on the flat bench or elevated platform so there is no chance for your feet to slip off and cause you any injury while performing this exercise. Make sure you maintain a flat & firm posture throughout the entire movement to avoid getting a lower back injury. It is normal for you to feel your core (abdominals and lower back) muscles also getting slightly engaged while performing this exercise due to the effort being done by your core muscles to maintain a flat posture while keeping your torso and your lower body on the same alignment throughout the entire motion. This exercise is an advanced version of 'Proper Push-Ups' exercise.

## ALTERNATIVE EXERCISES:

[Machine Incline Chest Press](#) / [SMITH Machine Incline Bench Press](#) / [Incline Bench Dumbbell Press](#) / [Incline Bench Press](#)

# DECLINE PUSH UPS

## PRIMARY MUSCLE

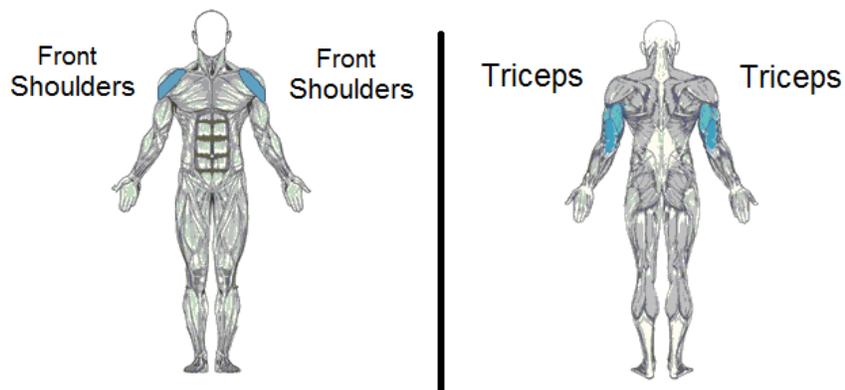


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

---

## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

# DECLINE PUSH UPS



**# YOUR\_BEST\_STARTS\_HERE**

[www.fitnesslegacy.net](http://www.fitnesslegacy.net)