

INCLINE PUSH UPS



1. Stand facing down against the side of a stable flat bench or a steady elevated platform with your hands placed at shoulder width apart while firmly pressed against the edge of the bench. Your entire body should be kept flat/straight, with your arms fully extended (elbows locked) and your arms perpendicular to your body. Position your feet backwards and away from the bench. This will be your starting position.
2. Slowly start lowering down your upper body towards the bench until your chest touches or almost touched the edge of the bench.
3. Start pushing your body all the way up back to it's starting position by 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.

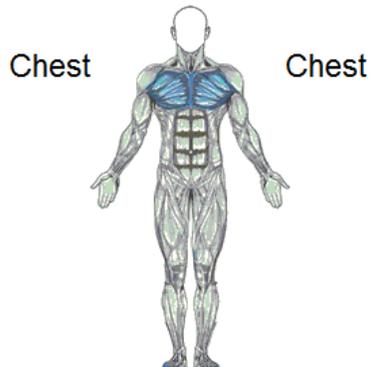
CAUTION: Make sure both your feet are placed on a completely flat & stable elevated surface. Maintain a 'flat' firm posture throughout the entire movement to avoid putting any negative pressure on your lower back, so avoid pressing forward with your pelvis while performing this exercise. It is normal 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 is an easier version of **Proper Push-Ups**.

ALTERNATIVE EXERCISES:

[Bent Knees Assisted Push-Ups](#) / [Machine Lying Chest Press](#) / [Machine Chest Press](#) / [Machine Chest Flys](#) / [Band Chest Flys](#)

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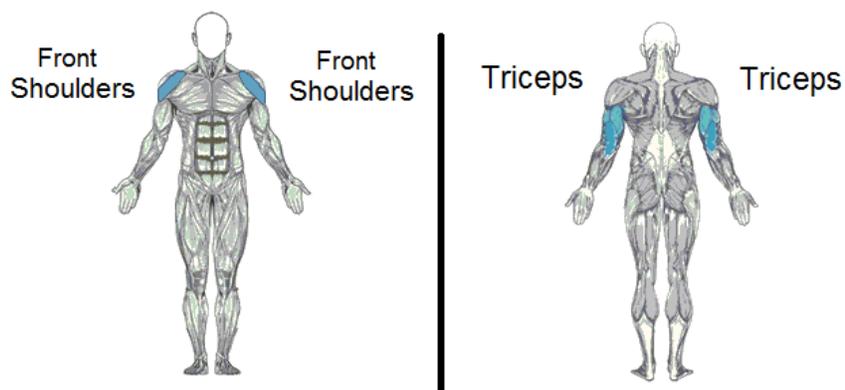
PRIMARY MUSCLE



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.

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