

PROPER 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. Position your feet backwards and away from your body so that your entire body is kept fully flat/straight. This will be your starting position.
2. Slowly start lowering your body all the way down until your chest touches or almost touches the floor.
3. Start pushing your body all the way back up 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.

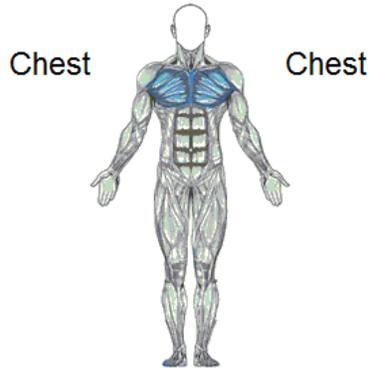
CAUTION: Maintain a 'flat' firm posture throughout the entire movement to avoid putting any negative pressure on your lower back, so avoid pressing forward with your pelvis while performing this exercise. It is normal for you to feel your core (abdominals and lower back) muscles also getting slightly 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.

ALTERNATIVE EXERCISES:

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

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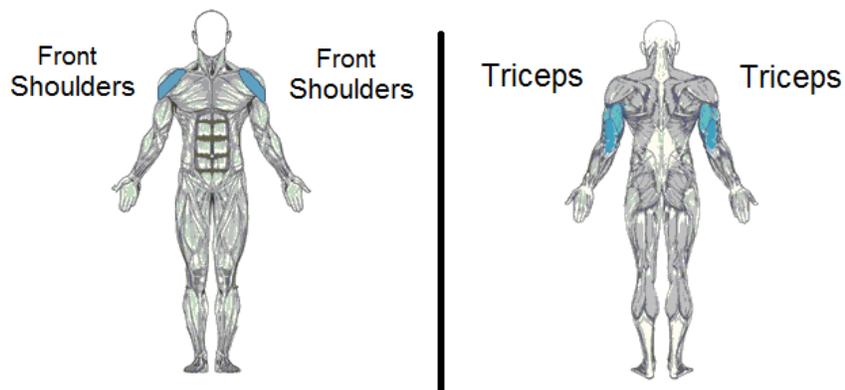
PRIMARY MUSCLE



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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