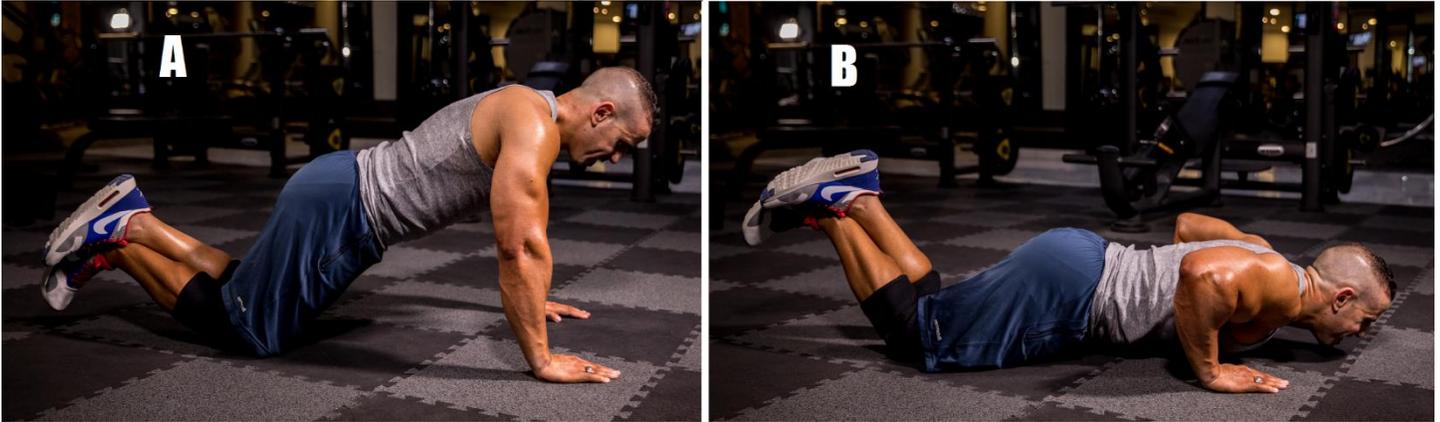


BENT KNEES ASSISTED PUSH-UPS



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. Cross your lower legs by placing one foot on top of your other leg's ankle, while keeping both your knees bent so that your thighs are on the same alignment as your torso. This will be your starting position.
2. Slowly start lowering down your torso until your chest touches or almost touched the floor.
3. Begin to push torso 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.

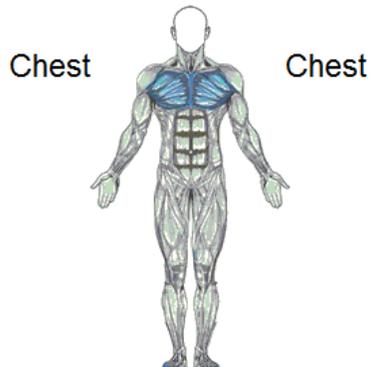
CAUTION: Make sure your thighs and upper torso are kept on the same alignment throughout the entire movement to avoid putting negative pressure on your lower back, so avoid pressing forward with your pelvis while performing this exercise. This is an easier version of 'Proper Push-Ups'.

ALTERNATIVE EXERCISES:

[Incline Push-Ups](#) / [Machine Lying Chest Press](#) / [Machine Chest Press](#) / [Machine Chest Flys](#) / [Band Chest Flys](#)

BENT KNEES ASSISTED PUSH-UPS

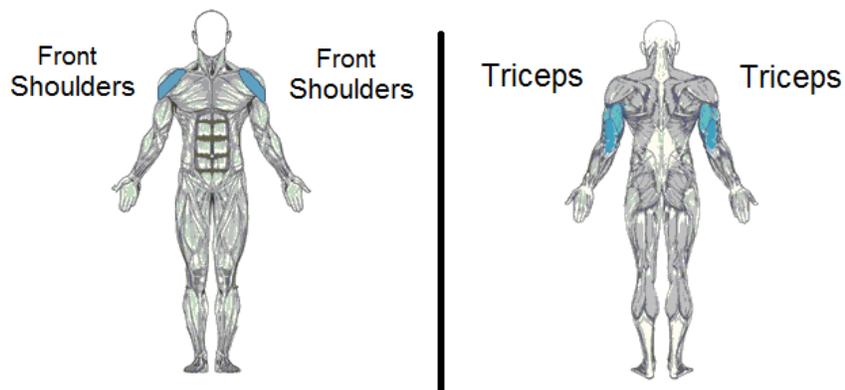
PRIMARY MUSCLE



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.

BENT KNEES ASSISTED PUSH-UPS



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