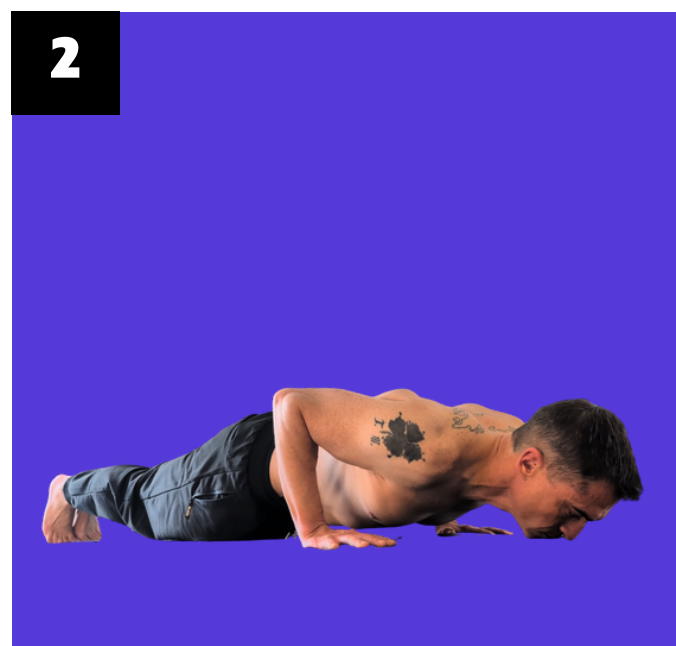
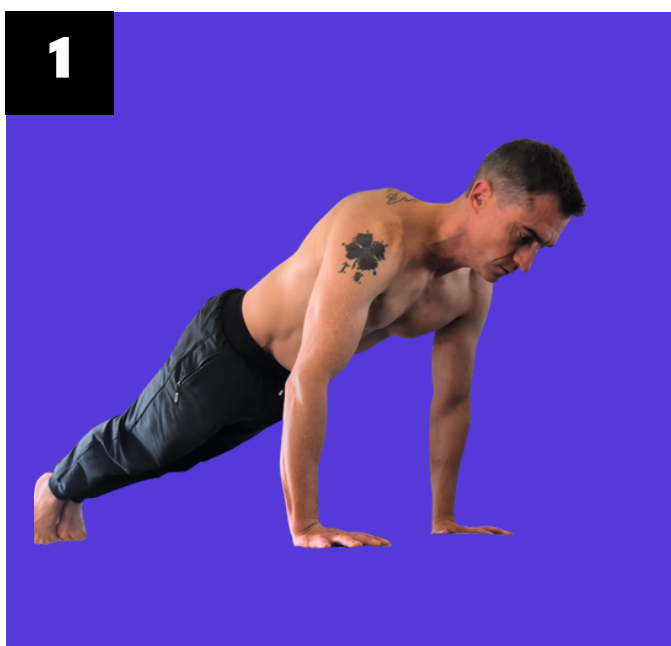


# Push-Ups

No need for a long workout. When you feel tension, move. The only goal that matters is self-improvement. **Do what's right. Be kind. And just keep moving!**

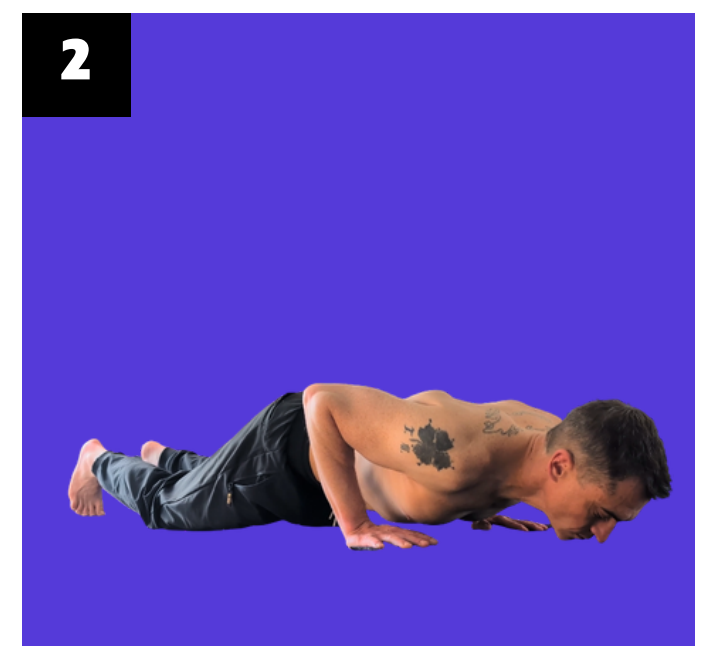
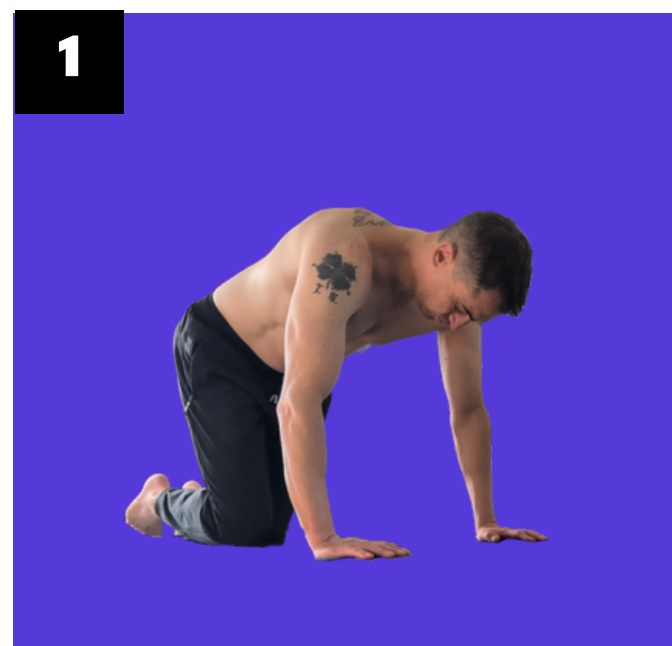
## STANDARD PUSH-UPS WITH OR WITHOUT FEET ELEVATED



**1** Shoulders above elbows and wrists

**2** Fingers pointed forward

## KNEE PUSH-UPS



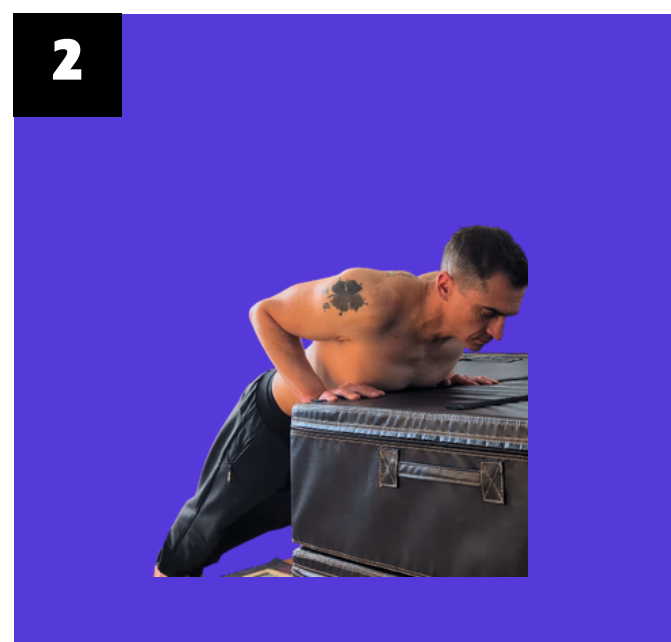
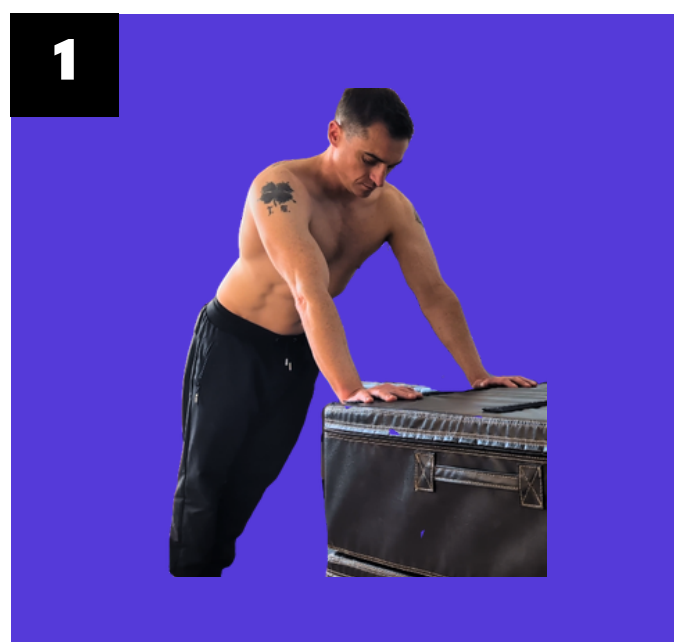
**3** Bend elbows and slowly lower your chest to the floor.

**4** Go as deep as possible and all the way up, training the full range of motion.

### Modifications:

You can work up to full push-ups using a combination of knee push-ups (above) and incline pushups (below). Each version reduces the difficulty. You can also do just the lowering phase (the negative) until you're ready for the full range of motion.

## INCLINE PUSH-UPS



**Video link coming soon...**

**[www.CoreyMcCool.com](http://www.CoreyMcCool.com)**

 YouTube

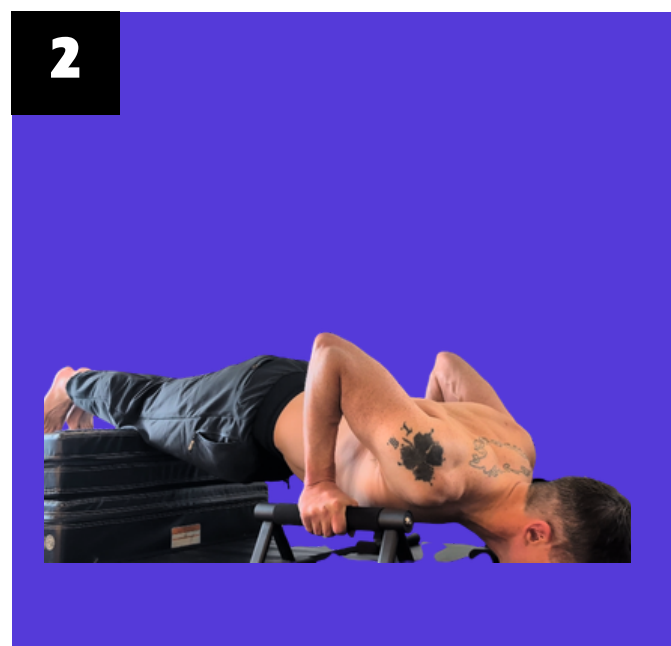
**@theAuDHDMovement**

# Push-Ups

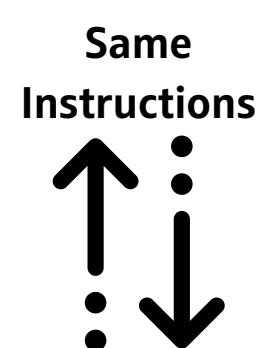
No need for a long workout. When you feel tension, move. The only goal that matters is self-improvement. Do what's right. Be kind. And just keep moving!

## PARALLETTE PUSH-UPS

WITH OR WITHOUT FEET ELEVATED

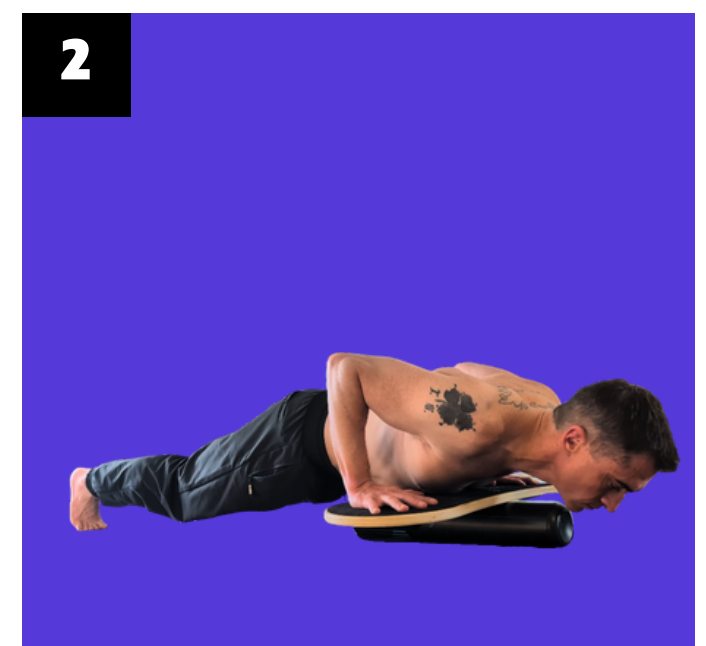


- 1 Shoulders above elbows and wrists
- 2 Neutral grip with palms facing each other
- 3 Bend elbows and slowly lower your chest.
- 4 Go as deep as possible and all the way up, training the full range of motion.

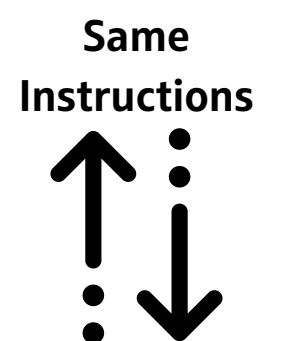


## BALANCE BOARD PUSH-UPS

WITH OR WITHOUT FEET ELEVATED

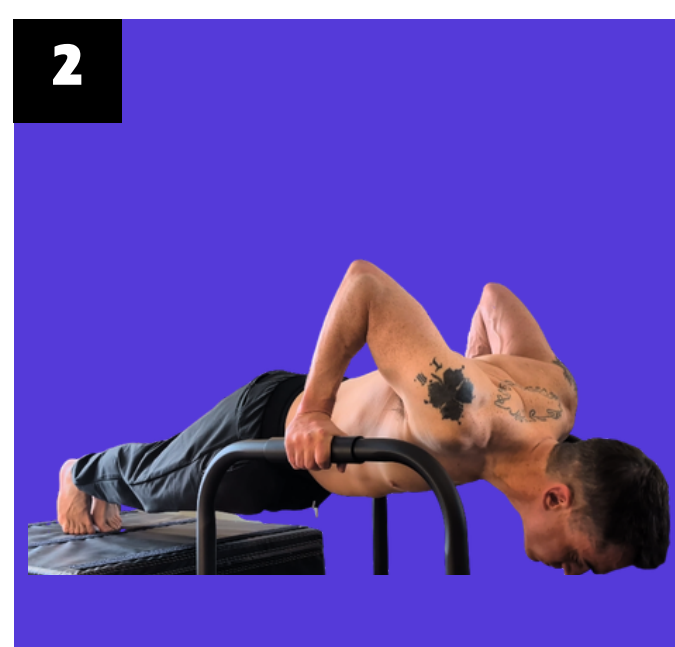


- 1 Shoulders above elbows and wrists
- 2 Palms evenly spaced with weight distributed evenly.
- 3 Bend elbows and slowly lower your chest to the board.
- 4 Go slowly, as deep as possible and all the way up, training the full range of motion.



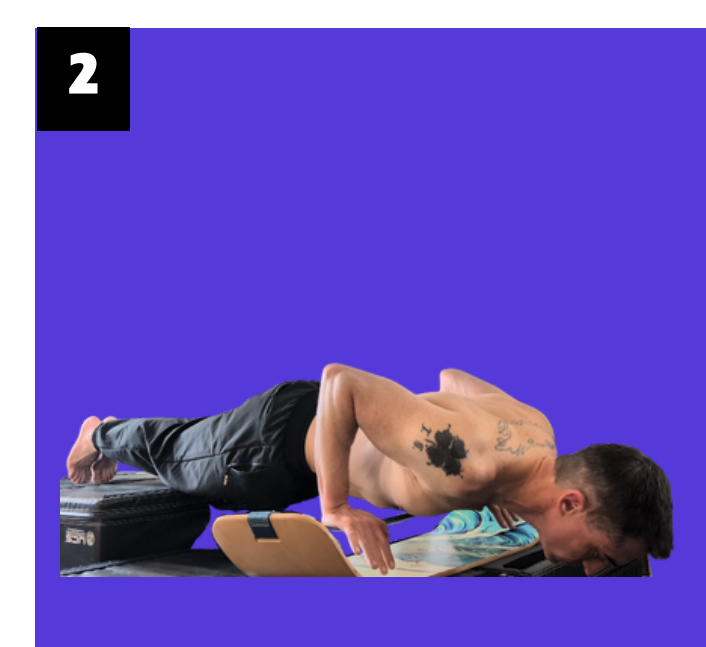
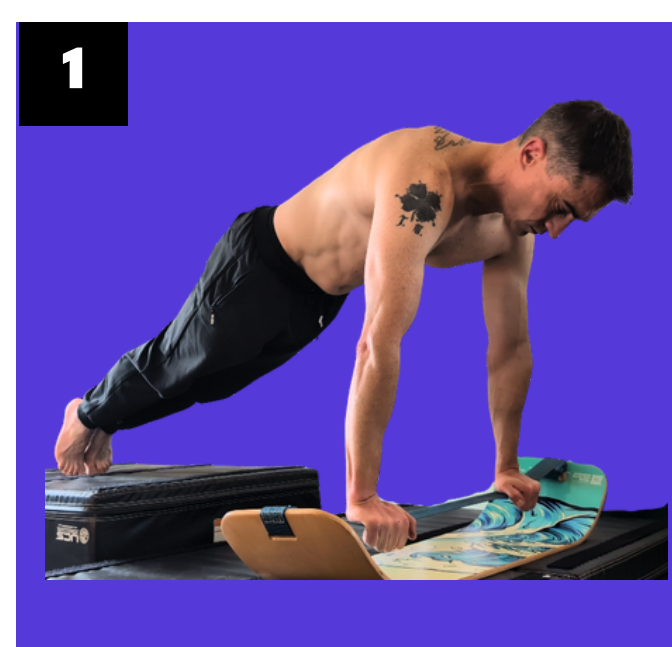
## DIP BAR PUSH-UPS

WITH OR WITHOUT FEET ELEVATED



## SLACK BOARD PUSH-UPS

WITH OR WITHOUT FEET ELEVATED



Video link coming soon...

[www.CoreyMcCool.com](http://www.CoreyMcCool.com)

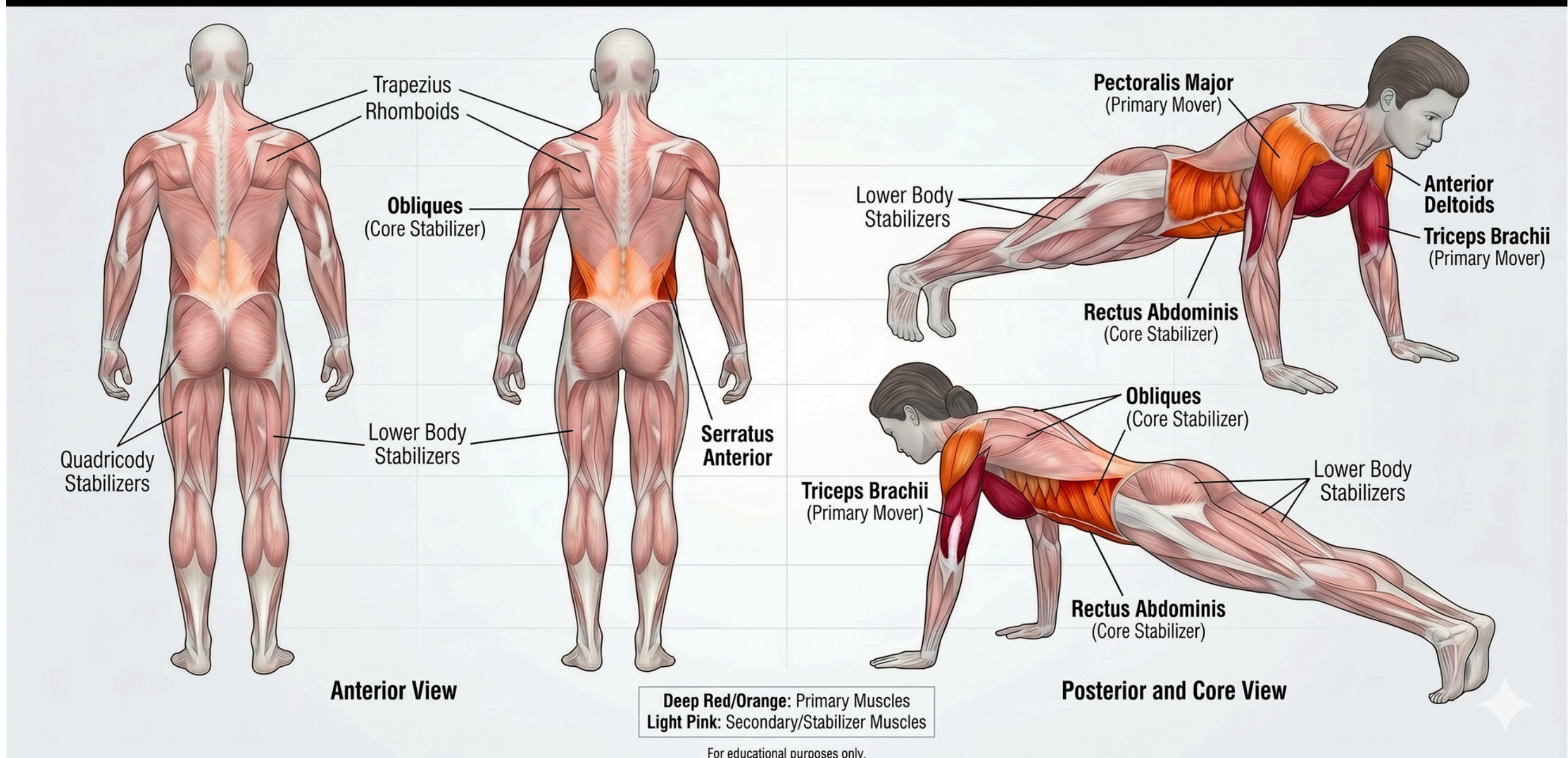
 YouTube

@theAuDHDMovement

# Push-Ups

No need for a long workout. When you feel tension, move. The only goal that matters is self-improvement. Do what's right. Be kind. And just keep moving!

## MUSCULATURE ACTIVATED DURING A PUSH-UP



### IMPORTANT:

- Reps don't matter. Focus on form and slow controlled movements. 10 great reps beats 50 bad reps any day.
- Avoid flaring out your elbows. This can cause shoulder issues. They don't have to be all the way against the body, but they should be no further than 45-60 degrees at the bottom position
- If you want to build muscle, focus on the lower portion where your chest is stretched the most. Pause there during each rep, then come up.
- Elevate your feet to increase the intensity / difficulty.
- Elevate your hands to decrease the intensity / difficulty.

Video link coming soon...

[www.CoreyMcCool.com](http://www.CoreyMcCool.com)

 YouTube

@theAuDHDMovement