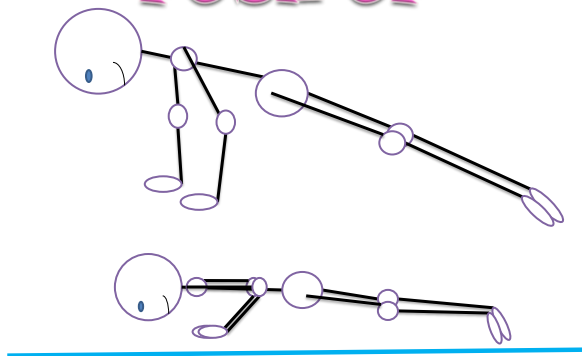
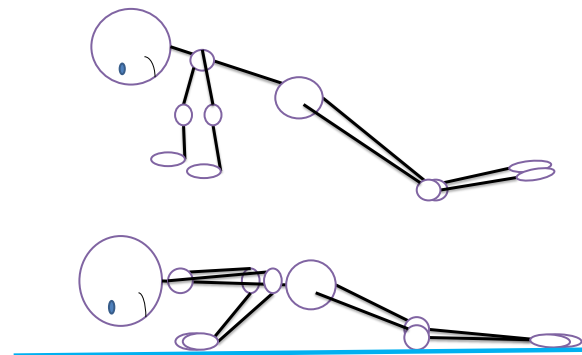




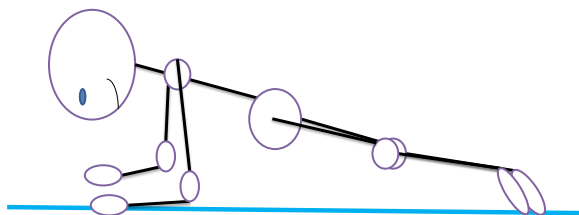
## PUSH-UP



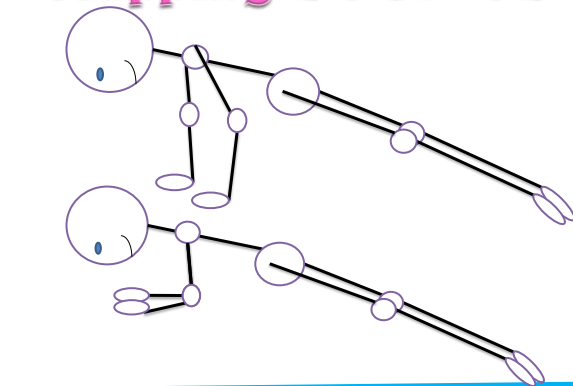
## BENT KNEE PUSH-UP



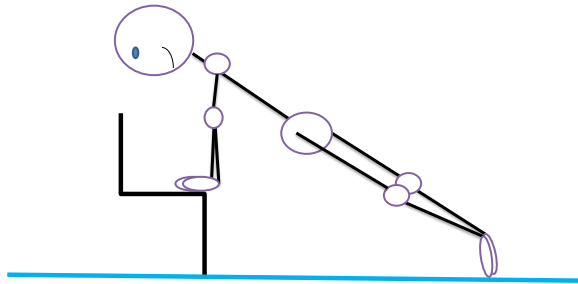
## ELBOW STABILIZATION



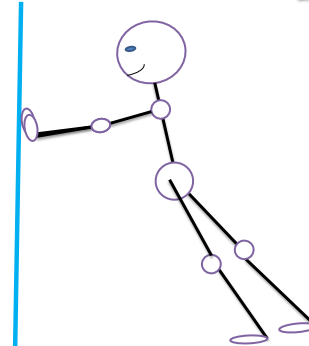
## Clapping PUSH-UP



## CHAIR PUSH-Ups



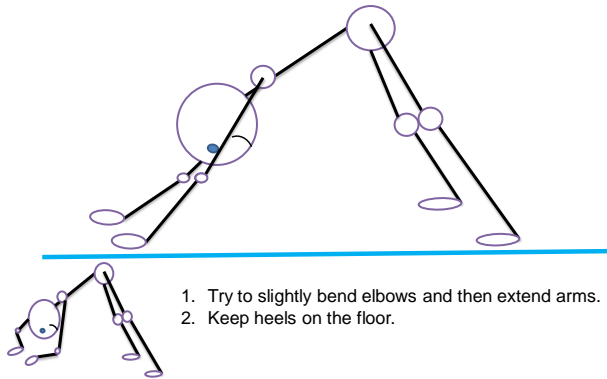
## Wall Push-Ups



1. Try to slightly bend elbows and then extend arms.
2. Keep heels on the floor.



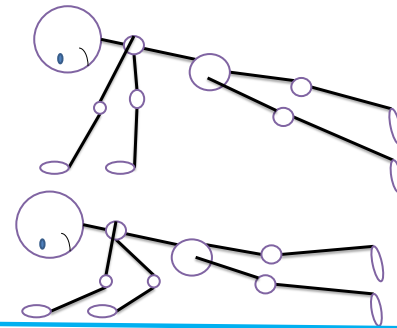
## PIKE Push-Ups



1. Try to slightly bend elbows and then extend arms.
2. Keep heels on the floor.



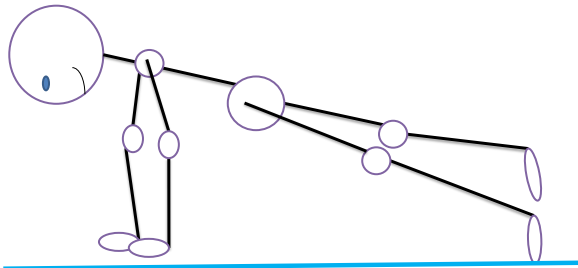
## SPLIT LEFT/RIGHT



1. Place the left hand in line with the head.
2. Place the right hand in line with the shoulder.
3. Complete a push-up. Switch hand positions.



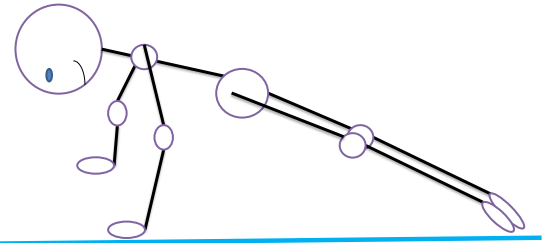
## NARROW



1. Hand position for narrow push-ups.
2. Thumbs and first fingers form a triangle.



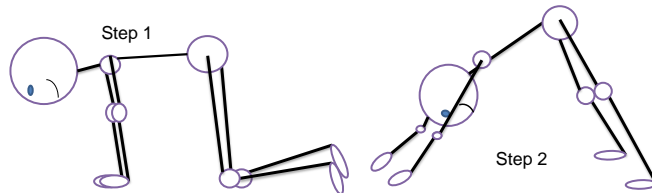
## WIDE



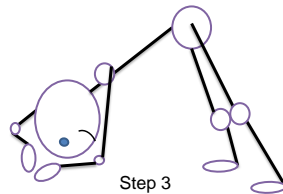
1. Hand position for wide push-ups.
2. Hands are beyond shoulder width



## TIGER PUSH-UPS



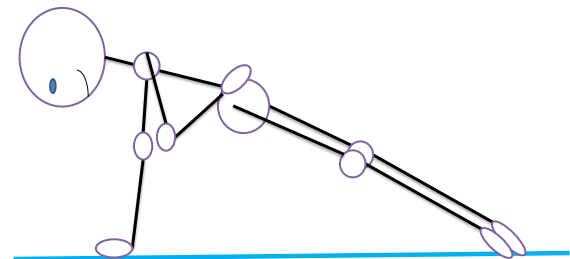
Hand  
Position



Step 3



## ONE-ARM PUSH-UPS



1. Keep support arm under shoulder.
2. Opposite hand rests on hip.
3. One-arm push-ups can also be performed with knees on the floor.

